

Treatment for Vertigo and Dizziness

Did you know that Physiotherapy can help treat vertigo, dizziness and imbalance?

This area of focus is called Vestibular Therapy. The vestibular system, located in the inner ear, helps to provide input regarding your sense of movement, body orientation and balance.

Dysfunctions, disorders, trauma or viruses that affect the inner ear can be a potential cause of vertigo, dizziness and decreased balance. A vestibular therapist can perform an assessment and provide treatment to help.

Common vestibular disorders include Benign Paroxysmal Positional Vertigo (BPPV), viral infections of the inner ear (labyrinthitis or vestibular neuritis), Meniere's, and injury to the inner ear caused by trauma.

BPPV is the most common cause of vertigo. People with BPPV report having episodes of dizziness brought on with certain positions. Most commonly, with lying flat, rolling over in bed, getting up in the morning, looking up or bending.

BPPV occurs when a calcium carbonate crystal becomes displaced within the inner ear. This displaced crystal then overstimulates the hair cells that are responsible for relaying the message of movement, resulting in vertigo. BPPV is very responsive to treatment which involves your Physiotherapist performing a series of head movements directed at relocating the crystal within your inner ear.

Not all causes of vertigo or dizziness are associated with problems in the inner ear. Cardiovascular disorders, medications, anxiety, migraines, neck disorders/injuries and neurological conditions are just a few examples of potential causes.

Robina Palmer is a registered physiotherapist and co-owner of Sun City Physiotherapy. She has furthered her physiotherapy studies with training at The Emory University School of Medicine in Georgia for the treatment of vertigo, dizziness and balance disorders.

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