



Locations in MN & ND

NEWSLETTER

Helping You Move
Through Life Pain-Free!

April

HOW PHYSICAL THERAPY CAN HELP YOUR VERTIGO

Do you find yourself getting dizzy doing everyday tasks? Do you find it hard to focus on one thing for long periods? Do you feel tired, lightheaded, or nauseous at any time of the day? If so, some of these can be signs of vertigo. At Achieve Therapy, our physical therapists can evaluate your condition and help you find relief, sometimes in a matter of minutes! People who experience vertigo typically report an overwhelming sensation of feeling off balance. It can make someone feel dizzy, like you're moving or spinning, resulting in a loss of balance. Some people experience problems focusing their eyes or have ringing in their ears. If severe, the condition can cause sweating and even nausea or vomiting.

Our physical therapists at Achieve Therapy can help relieve your symptoms. Call today to schedule an appointment with one of our specialists!

The most common causes of vertigo

Three common causes of vertigo symptoms are Benign Paroxysmal Positional Vertigo (BPPV) and Meniere's Disease, and vestibular neuritis.

BPPV is essentially an inner-ear infection. This type of infection occurs when microscopic calcium particles called "canaliths" clump up in the inner ear canals. Your inner ear is responsible for sending gravitational messages to your brain regarding the movements of your body. This is how we remain balanced daily. When the inner ear canals are blocked, the correct messages cannot make it to the brain, and we become unbalanced – thus, causing vertigo.

Meniere's Disease is a disorder of the inner ear caused by a buildup of fluid and fluctuating pressures within the ear. It has a similar effect as BPPV, as the fluid and pressure block messages from the inner ear canal to the brain, resulting in imbalance. Meniere's Disease can cause tinnitus, commonly referred to as "a ringing of the ears," and may even cause hearing loss in extreme cases.

Vestibular neuritis is also known as labyrinthitis. This is another type of inner ear infection, but it's caused by a virus. The virus causes the inner ear and surrounding nerves to swell, resulting in difficulties with your balance due to discrepancies in the messages sent to the brain.

Although the most common causes of vertigo are due to issues with the inner ear, some less common causes of vertigo include:

- Injury to the head or neck
- Migraines
- Medications
- Stroke
- Brain tumor

Vertigo can sometimes go away on its own, however, it can also progress and worsen over time. If you believe you may have the symptoms of vertigo or one of its causes, it is essential to consult with one of our physical therapists immediately.

Visit Us Online achieve-therapy.com or Call [866-320-3562!](tel:866-320-3562)

HOW PHYSICAL THERAPY CAN HELP



Physical therapy is a standard treatment for vertigo, and our therapists at Achieve Therapy are trained to help alleviate any vertigo symptoms you may be experiencing. Your physical therapist will ask you questions to identify the cause of your vertigo and use this information to design the best treatment.

Your physical therapist will perform tests to determine the causes of your vertigo. In some cases, the tests will clarify what is going on and how to resolve it. For example, if you have Nystagmus, also known as “eye jerks.” This is the phenomenon of experiencing uncontrollable eye movements and is common with BPPV testing.

Our physical therapists are movement experts. In addition to vertigo testing, they also will determine your risk of falling. Then, depending on the results, your physical therapist may recommend further testing or specific interventions to alleviate your condition and ensure you are safe. The exact treatments will focus on helping you get moving again and managing your vertigo simultaneously.

Treatment may include specialized head and neck movements that you can be taught to do. If you still have dizziness and balance problems after vertigo stops, your physical therapist can target specific activities to address those problems.

Therapeutic methods for vertigo

Vestibular rehabilitation focuses on the vestibular system, located within the inner ear. The goal of this kind of therapy is to rebalance your vestibular system.

The vestibular system sends the gravitational messages to your brain about your body movements, and focusing on

balance-specific exercises can help reset this system, thus diminishing the effects of vertigo.

Canalith repositioning maneuvers focus on treatment-specific head and body movements for BPPV patients. These exercises help move the calcium deposits out of the inner ear canal to alleviate blockage and allow gravitational messages to be more easily received by the brain. As the backup shrinks, the symptoms of vertigo will lessen.

Call to make an appointment

Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. We'll provide relief for all of your dizzying symptoms! Contact today to get started!



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Grand Forks, ND 58201
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Phone: 701-490-8150

1421 CENTRAL AVE NW
East Grand Forks, MN 56721
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110 PLEASANT AVE S.
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Phone: 218-216-2491

3035 DEMERS AVENUE
Grand Forks, ND 58201
Phone: 701-409-1592

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954334/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5806799/>
<https://www.ncbi.nlm.nih.gov/books/NBK482356/>

<https://www.nidcd.nih.gov/health/balance-disorders>
<https://www.choosept.com/guide/physical-therapy-guide-vertigo>

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Patient Success

"Perfect place to go to get BETTER! Sooo skilled and personable and kind...a great combination! Matti makes scheduling and changes a breeze and everyone else has specialized skill sets to correct any physical concern you might have! They are the BEST!"

— Kristin

Staff Birthdays & Work Anniversaries

April Celebrations for Our Staff

Staff Birthdays

Matti Robinson — April 6th Bri Wirkus — April 17th
Darcey Osowski — April 14th

Work Anniversaries

ML Berntson — April 1st Nicole Chine — April 15th

We wish our staff a happiest birthday and celebrate their contributions to our patients and community!

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS

achieve-therapy.com

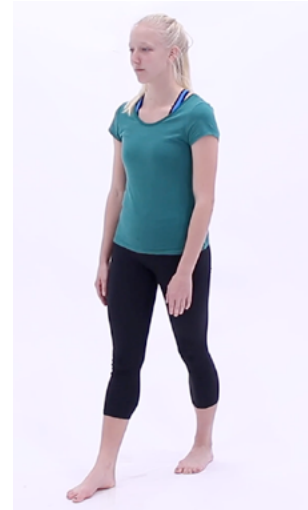


EXERCISE ESSENTIALS

STRIDE STANCE

Try this movement to relieve your vertigo.

Start in a standing position. Take a step forward and hold your feet there, about a stride's length apart. Keep your eyes open and try to maintain your balance. Hold for 30 seconds. Repeat 2 sets, 1 rep each.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

TERIYAKI EDAMAME SAUTÉ

Ingredients

- 1 tablespoon olive oil
- 1 (8 ounce) bag tricolor coleslaw mix
- 2 cups shelled edamame, thawed if frozen
- ¼ cup reduced-sodium teriyaki sauce



Directions

Heat oil in a large nonstick skillet over medium heat. Add coleslaw mix and cook, stirring, until the cabbage begins to soften, about 2 minutes. Stir in edamame and teriyaki sauce. Cook, stirring, until the edamame are heated through and the sauce thickens, about 1 minute more.

<https://www.eatingwell.com/recipe/7914800/3-ingredient-teriyaki-edamame-saute/>



APRIL

CLINIC NEWS

APRIL FITNESS MEMBER OF THE MONTH

Meet Allyn our April Fitness Member of the Month!

Allyn has been a member at Columbia Rd since 2017. He enjoys Achieve Therapy and Fitness because of all the friendly people and staff who are so nice and caring. Allyn has also been our behind the scenes maintenance man. He helps Michelle with the light bulb replacements and up keep of the facility. Allyn is a bright spot for Achieve! Thanks Allyn!



STAFF SPOTLIGHT

Say Hello to Emma!

Emma is from Fargo, ND. She recently joined our team as the Marketing Coordinator and works at our East Grand Forks location. Emma is settling into her new role and is enjoying getting to know her coworkers and the Achieve patients. In her free time, she enjoys being active outside, visiting family, making clothes, and going to the lake. We are so excited to welcome Emma to the Achieve team!



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