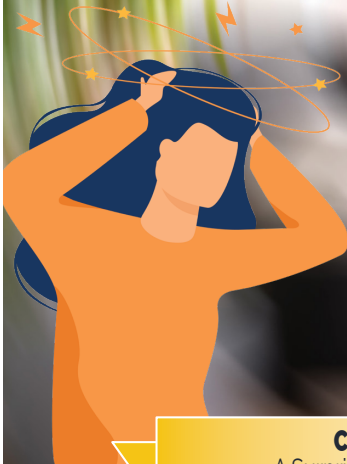


Health & Wellness Newsletter  
**NEWSLETTER**

FREE  
COMPUTERIZED  
GAIT SCAN  
AVAILABLE  
DETAILS INSIDE

# YOU DON'T HAVE TO LIVE WITH DIZZINESS AND VERTIGO



## **COVID-19 AND VERTIGO**

A Surprising Connection — Story Inside.

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**CALL 954-787-2329 Today!**



Preferred Physical Therapy  
Associates, Inc.

954-787-2329

## Health & Wellness Newsletter

# NEWSLETTER



## YOU DON'T HAVE TO LIVE WITH DIZZINESS AND VERTIGO

### RELIEVE YOUR DIZZINESS AND VERTIGO WITH PREFERRED PHYSICAL THERAPY

Have you noticed you are not as steady as you used to be? Do you notice that dizziness makes you feel less balanced? No matter your age, you can improve your balance. At Preferred Physical Therapy, we can help you figure out what is causing your vertigo and/or dizziness and, more importantly, how to resolve it!

Balance is a big deal but we take it for granted. Your balance system is incredibly complex and allows you to walk around obstacles without thinking. However, it can be challenging to perform daily tasks and activities you enjoy when your balance is affected.

If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call Preferred Physical Therapy today to schedule an appointment with one of our experienced physical therapists.

#### WHAT IS CAUSING YOUR DIZZINESS AND/OR VERTIGO?

Dizziness is a general term used to describe a sense of unsteadiness that may be due to a lack of sleep, poor nutrition, overexertion, or a physical ailment (i.e., a head cold or the flu). Dizziness can also

occur from something as simple as standing up too quickly after an extended period of rest.

Some accompanying symptoms of dizziness may include:

- Loss of balance
- Momentarily impaired vision
- Lightheadedness or heavy-headedness
- Feeling unsteady or faint

Vertigo is the result of an issue in your inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When the vestibular system is impaired, the messages to your brain are altered, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods, or you can't stand/move appropriately without feeling like you'll topple over.

*Continued inside*

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# YOU DON'T HAVE TO LIVE WITH DIZZINESS AND VERTIGO



*Continued from previous page.*

Some common causes of vertigo include:

- **Benign Paroxysmal Positional Vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in.
- **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes ringing sounds in the inner ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing loss.
- **Vestibular neuritis.** This is an inner ear infection that can cause vertigo.
- **Migraines.** Migraines can impact your vestibular system, and may be coupled with sensitivities to light or sound, or may also impair your vision.
- **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

Some accompanying symptoms to vertigo may also include:

- Inability to focus or remain alert
- Difficulty seeing or speaking
- Double vision
- Sweating
- Nausea or vomiting
- Abnormal eye movements
- Arm or leg weakness

## How Physical Therapy Can Help Your Balance

Dizziness and vertigo can hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter the cause, physical therapy for dizziness and vertigo can help.

At Preferred Physical Therapy, our therapists have some of the most advanced techniques for diagnosing and treating dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

Our physical therapists will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

The primary goal of the assessment is to identify the specific cause of your dizziness and use a combination of manual therapy, balance exercises therapy, posture corrections, and education to help you resolve your condition.

The most common treatments will focus on:

- **Reducing vestibular symptoms through specific head and body movements and positions.** These movements help to remove the calcium deposits from the inner ear to alleviate dizziness.
- **Balance exercises and vestibular rehabilitation.** Specific balance exercises and particular activities focus on decreasing nerve sensitivity and reducing the effects of vertigo.
- **Postural education to optimize function.**

Our therapists may use videonystagmography to determine whether a vestibular disease is causing your dizziness or vertigo. It is the only test available to decipher whether there is a vestibular loss in one or both ears. This non-invasive test uses infrared goggles to record a patient's eye movements to determine how well the patient can react to visual stimuli responses sent from the vestibular system.

If you believe you may be experiencing vertigo, contact us today. We'll provide relief for all of your symptoms.

**Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. Contact Preferred Physical Therapy today to get started!**

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## 5-Minute Egg and Hummus Flatbread

### INGREDIENTS

- 1 tbsp hummus
- 1 whole grain wrap
- 1/4 cup baby arugula
- 1/2 English cucumber, cut into matchsticks
- 1/2 cup cherry tomatoes, halved
- 1/8 cup Greek feta, crumbled
- 1 soft-boiled egg, peeled, halved
- 1 tbsp chopped fresh Italian parsley leaves

### DIRECTIONS

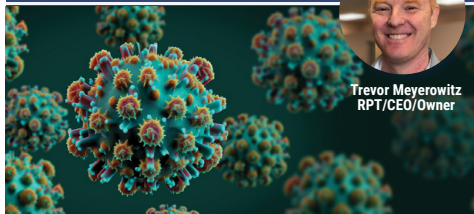
Spread the hummus over the wrap. Top with the arugula, cucumber, tomato, feta, egg and parsley. Season and serve.

<https://www.taste.com.au/recipes/5-minute-egg-hummus-flatbread/recipe/gbh1m06>

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# COVID-19 AND VERTIGO

## A Surprising Connection



Trevor Meyerowitz  
RPT/CEO/Owner

Most of us know that COVID-19 can have a lasting impact on your health, even if you only had a mild case. Fatigue, shortness of breath, and loss of smell or taste are all possible symptoms of what's come to be known as post-COVID.

Now, a recent study has added a new symptom to the list: vertigo.

Vertigo is a type of dizziness that causes a spinning sensation. You might feel as if you're spinning, even if you're standing still, or you may feel as if the room is spinning around you.

It occurs due to issues with your inner ear, which makes up a significant part of the bodily system that controls balance and stability (known as the vestibular system). All the included participants underwent full neurological and otological (inner ear) examinations, videonystagmography (VNG), and all had nasopharyngeal PCR swab to confirm COVID-19 infection. There were 44 participants in the recent study that tested positive for COVID using the PCR test: 16% were post-COVID-19 patients, and 84% were close contacts of COVID patients.

Vertigo has several potential causes, and two of them seem to be prevalent in people with post-COVID:

- **Vestibular neuritis**, an inflammation of the inner ear (found in 85.7% of post-COVID patients)
- **Benign paroxysmal positional vertigo (BPPV)**, in which small crystals disrupt inner ear function (found in 14.3% of post-COVID patients)

In 2019, prior to the COVID pandemic, the incidence of Vestibular Neuritis (VN) was 4 out of every 100,000 people in the United States (0.00004%), and BPPV pre-Covid was 0.0045%. It is evident that the incidence of BPPV and VN has skyrocketed since 2020.

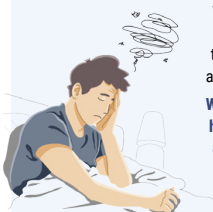
### What Does This Mean For You?

No matter the cause, vertigo can be alarming at best and debilitating at worst. Fortunately, Preferred Physical Therapy can help you manage your vertigo symptoms with vestibular rehabilitation.

Vestibular rehab uses head maneuvers, gaze stability exercises, and balance training to help manage and reduce vertigo attacks.

**Want to learn more about how we can help with vertigo? Call us to schedule an appointment today.**

**954-787-2329**



## ANOTHER 5 STAR REVIEW



"Vestibular rehabilitation is a type of physiotherapy in which the Preferred team has done a magnificent job because I have been able to feel the benefit that many people with inner ear or balance problems have. In this therapy, the therapists, with their great knowledge and technique, have helped my brain achieve a way to use my senses (such as vision) to compensate for the vertigo.

The exercises are usually personalized to meet my and each person's individual needs.

I am very grateful to the Greatest Creator of the universe God, that I feel better physically and to the Preferred therapists for having that knowledge. Thank you for your patience.

I want to add something else that the day I called the office I spoke with Olga, who treated me very respectfully. I liked that and because of her, I felt confident about going to this place. Thank you Olga for the excellent service and kindness."

**—OlidelMar C. — Actual 5 Star Google Review**



**CALL TODAY AND GET A FREE COMPUTERIZED GAIT SCAN WITH DETAILED REPORT ANALYZING FOOT MECHANICS**

## ORTHOTICS WITH 3D FOOT SCAN

Have you ever experienced sore feet? As you age your feet will often change. Changes in the shape of your feet, the support of your ligaments, and complications from previous injuries can all cause strain and pain. This is why a custom orthotic is a good idea to provide extra support and relief for your feet.

**Contact Preferred Physical Therapy today to learn more about how we can help relieve your foot pain.**

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