

# Dizziness & Vertigo

*Does the room spin when you move?*

*Does Dizziness affect your everyday life?*



**PHYSIQUE HEALTH PHYSIOTHERAPY**

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# What is Vertigo?

Vertigo is a feeling that you or your surroundings are moving when there is no actual movement. You may feel as though you are spinning, whirling, falling, or tilting as well as feeling very nauseated.

## SYMPTOMS

Movement Sensations

Unsteadiness

Light-headedness

Feeling 'faint'.

Headache

Nausea and vomiting

Difficulty hearing

Ringing or other sounds in the ears (tinnitus)

## LOSS OF BALANCE

Many people think loss of balance and unsteadiness is a natural occurrence when ageing. The fear of falling is the number one concern in the elderly and while the natural ageing process can lead to changes in the vestibular system which leads to falls, it is something that is very treatable.

Our equilibrium is a complex interaction that requires correct input from the inner ear, vision and the somatosensory system.



## DID YOU KNOW?

...One third of adults over 65 years old fall in Australia at least once every year.

...Approximately 37% of healthy adults over the age of 62 have some form of vestibular changes.

...Vestibular changes are the number one malady for those over the age of 70 consulting a doctor.

...Balance related issues are the No. 1 cause of falls and associated hip fractures and account for a third of accidental deaths in the elderly.

...Blows to the head or whiplash can lead to vestibular disorders.

# CAUSES

A wide range of conditions and diseases can cause dizziness, including:

**Inner ear problems** – disorders of the inner ear account for about half of all cases of persistent (ongoing) dizziness. Disorders include Meniere's disease, benign paroxysmal positional vertigo (BPPV) and vestibular neuritis.

**Anxiety disorders** – stress or anxiety may play a role in causing dizziness or more commonly may be a contributing factor in dizziness along with other causes, such as inner ear disease.

**Brain disorders** – a common cause of dizziness is migraine – even without the headache that most people associate with a migraine. Very rarely, other causes of dizziness can include stroke or other brain diseases.

# DIAGNOSIS

In trying to work out the cause of a person's dizziness, investigations may include:

- Medical history, including careful questioning about the nature of the symptoms
- Physical examination, which may include observing eye movements, positional testing and a blood pressure check
- Specialised hearing or balance testing
- CT or MRI scans of the inner ear or brain or other tests relating to specific conditions.

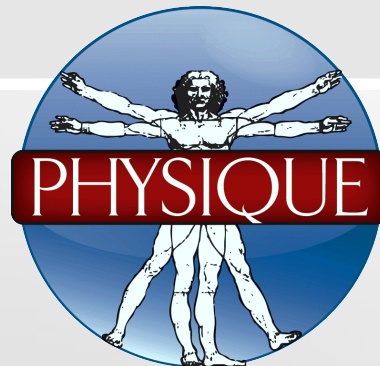
# TREATMENT

**Physio Treatment** may include:

- Balancing exercises to 'retrain' the nervous system, which are usually prescribed by a vestibular physiotherapist
- Canalith positioning procedures: exercises designed to remove inner ear 'crystals' in benign paroxysmal positional vertigo (BPPV)
- Migraine prevention techniques

**Health Care from your GP** may include:

- Medications to dampen the sensations of dizziness
- Anti-nausea medications



**BOOK NOW TO HELP DIZZINESS ISSUES:**

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