



PHYSICAL THERAPY, PC

Orthopaedic & Sports Rehabilitation

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About Us

Many of us have experienced unexplained episodes of vertigo, more commonly known as dizziness. Often times, this can be attributed to BPPV, otherwise known as Benign Paroxysmal Positional Vertigo. This is where we have calcium crystals in our inner ear that get dislodged or displaced, causing the dizzy symptoms, usually brought on by changes in head position. A physical therapist knowledgeable in vestibular rehab can assess, diagnose, and treat these symptoms. You don't have to live w/these conditions. If you are experiencing any signs of dizziness, call today to schedule a consultation. We can help.

You can learn a lot if you just listen. Throughout the years and countless conversations with health care professionals and their patients, I've learned a lot about what the community really wants from a

If Your World Is Spinning...

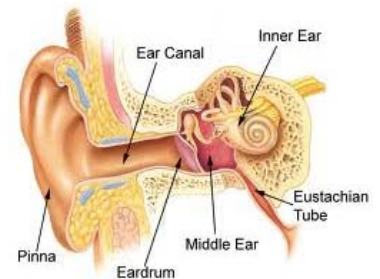
Almost everyone experiences a few seconds of dizziness at some point in their lives. Do you remember your childhood days when you would spin round and round until you got dizzy and had to wait a few seconds till the "world stopped spinning"? It was fun back then, but when it occurs "out of the blue", it's something to be concerned about.

According to the National Institutes of Health (NIH), about 90 million Americans (more than a third of the population) report bouts of dizziness at some point in their lives. Of those, 76 million suffer from inner-ear disorders, which can be caused by:

1. Whiplash (neck injuries)
2. Blows to the head
3. Viral infections
4. High doses of certain antibiotics
5. Stroke
6. Degeneration of the inner ear's balance function, also known as the vestibular system (often deteriorates with age).

Inner-ear problems can manifest themselves in different ways. Some symptoms include dizziness, nausea and blurred vision

It's not uncommon for individuals with dizziness to go from one doctor to another in an attempt to find a solution.



Leaving You Dizzy

The feeling of spinning / rocking and constant nausea can literally turn your life upside down.

Frequent episodes of dizziness (especially with certain head movements) are a sign of dysfunction in your inner ear. This dizziness can last a few seconds, minutes or even days. Symptoms of inner ear disorders may be mild (lasting only seconds or minutes) or severe (resulting in total disability).

Common causes include:

- Inner ear disorder or ear infection
- Flu or the common cold
- Benign paroxysmal positional vertigo (BPPV). This is common and may be accompanied by hearing loss and muscle weakness
- Ear infection, head injury and whiplash are common in younger individuals.

According to the NIH, 85% of equilibrium problems have to do with the inner ear. Other causes include a stroke, multiple sclerosis, seizures and brain tumors.



Supervised Exercise: Your Treatment For Dizziness

Exercise might not be the first thing you think about when it comes to treating dizziness or vertigo, but it plays a crucial role.

physical therapy center. I'm proud to say I've built Wilderman and Associates Physical Therapy, PC around the community's need.

Wilderman and Associates Physical Therapy, PC combines progressive treatment plans with "old-fashioned" patient care. As a physical therapist, I am committed to a comprehensive approach to recovery utilizing the latest techniques and state-of-the-art equipment. Whatever the need: return to work, back to sports, relief of nagging neck and back pain; whatever the challenge, we at Wilderman and Associates Physical Therapy, PC will rise to help our patients meet it.

And because Wilderman and Associates Physical Therapy, PC is privately owned and operated, each patient receives personalized care and is treated by the same therapist each visit. We offer immediate appointments, because we want to get our patients back on the road to recovery as soon as possible.

Best of all, we want your suggestions on how we can make our practice even better. Get your wish list ready, because at Wilderman and Associates Physical Therapy, PC we're all ears and ready to listen.

Sincerely,
David A. Wilderman, PT, DPT,
MS
Owner

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Call our office and we'll help you get the right diagnosis by evaluating you or referring you to the appropriate doctor.

If problems with the inner ear are due to a virus or physical damage, physical therapy can be beneficial. **Be warned** – the first few days of exercise might make the dizziness worse before it starts to get better. In this case, physical therapy can essentially "recalibrate" the inner ear system. Talk to one of our highly qualified physical therapists to determine how we can help you.

A Word of Caution:

If any of the following apply to you, **CALL YOUR DOCTOR**:

- You experience dizziness without warning
- Some medicines cause you to feel dizzy
- Your previous symptoms are different now – they last longer or feel worse than before
- You experience hearing loss

If you suffer from dizziness and also have any of the following, call 911 or go to the emergency room:

- Head injury
- Fever over 101°F or 38°C
- Convulsions or ongoing vomiting
- Chest pain, heart palpitations, shortness of breath, inability to move an arm or leg or change in vision or speech
- Fainting and loss of consciousness

Dizziness is NOT something you should be taking lightly. As qualified professionals, we are here to help and will stand by your side to help you recover from this limiting condition. Give us a call to schedule an appointment today. We'll help treat your dizziness and work with you closely to restore you to full function.

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