

Stop Dizziness Now

Jane was concerned due to her experiencing dizziness when getting out of bed in the morning. Also, the dizziness would return any time she would look up, like when reaching for plates out of an overhead cabinet. Upon consulting her physician she was referred to Twin Boro Physical Therapy for an examination to determine what may be causing her dizziness and then hopefully a plan to control or even eliminate the episodes of dizziness.

Upon her first session at Twin Boro Physical Therapy she met physical therapist Krysia Cierkowski who assured Jane that many people with the constant feeling of dizziness or a spinning movement may be experiencing vertigo. Krysia explained that Vertigo is a common symptom that may be attributed to dysfunction of your vestibular system. The vestibular system consists of the inner ear, eyes and brain all of which work together to help a person to know where they are in space so that they can maintain balance and remain upright during everyday activities.

As Krysia explained to Jane common symptoms of vertigo include dizziness, feeling “off-balance”, blurred vision, light-headedness, spinning sensations, nausea resulting from feeling as if the world around you is moving, unexplained loss of balance with position changes during functional activities. Jane started feeling a little better by simply understanding that she is not alone with her problem.

Then Krysia proceeded with the examination of Jane to evaluate and then determine the proper course of treatment specific for Jane. First, Jane explained that the dizziness lasted for approximately 10 seconds and then would stop. Then based on the complaints of Jane, Krysia performed a series of tests to either confirm or eliminate positional vertigo as a diagnosis. The examination was simple enough as Jane was asked to look up and when she did her symptoms were provoked, however after maintaining the position for 10 seconds the dizziness disappeared. All other movements of the neck did not provoke her symptoms. Jane was then tested for the onset of symptoms with a positioning test known as Dix-Hallpike that tests for inner ear problems, which at time of testing revealed that her dizziness was brought on by this change in position.

Krysia told Jane that she had what is called positional vertigo that is referred to as BPPV or Benign Paroxysmal Positional Vertigo. BPPV, Krysia explained to Jane, occurs when crystals are free floating in the inner ear, causing dizziness with position changes.

Now Jane heard the good news that something could be done to help correct her problem as Krysia said the treatment consisted of a repositioning maneuver, known as Epley maneuver, which is designed to move those crystals to where they belong. The maneuver was repeated until the initial symptoms Jane had complained of were eliminated. Krysia told Jane to avoid any excessive looking up or down for the 24 hours. When Jane returned for the follow-up visit, she reported that she no longer experienced dizziness when getting out of bed and looking up.

As Jane found out vertigo is a common problem that can be corrected by physical therapy intervention by experienced physical therapists such as Krysia Cierkowski at Twin Boro Physical Therapy. Treatment for those who are experiencing dizziness can be as simple as repositioning maneuvers designed to eliminate the

occurrence of vertigo with position changes, balance training to assist in preventing falls during daily activities, stretching and strengthening exercises designed to improve balance during standing and walking.

For more information contact:

Twin Boro Physical Therapy

Located in the South Brunswick YMCA

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