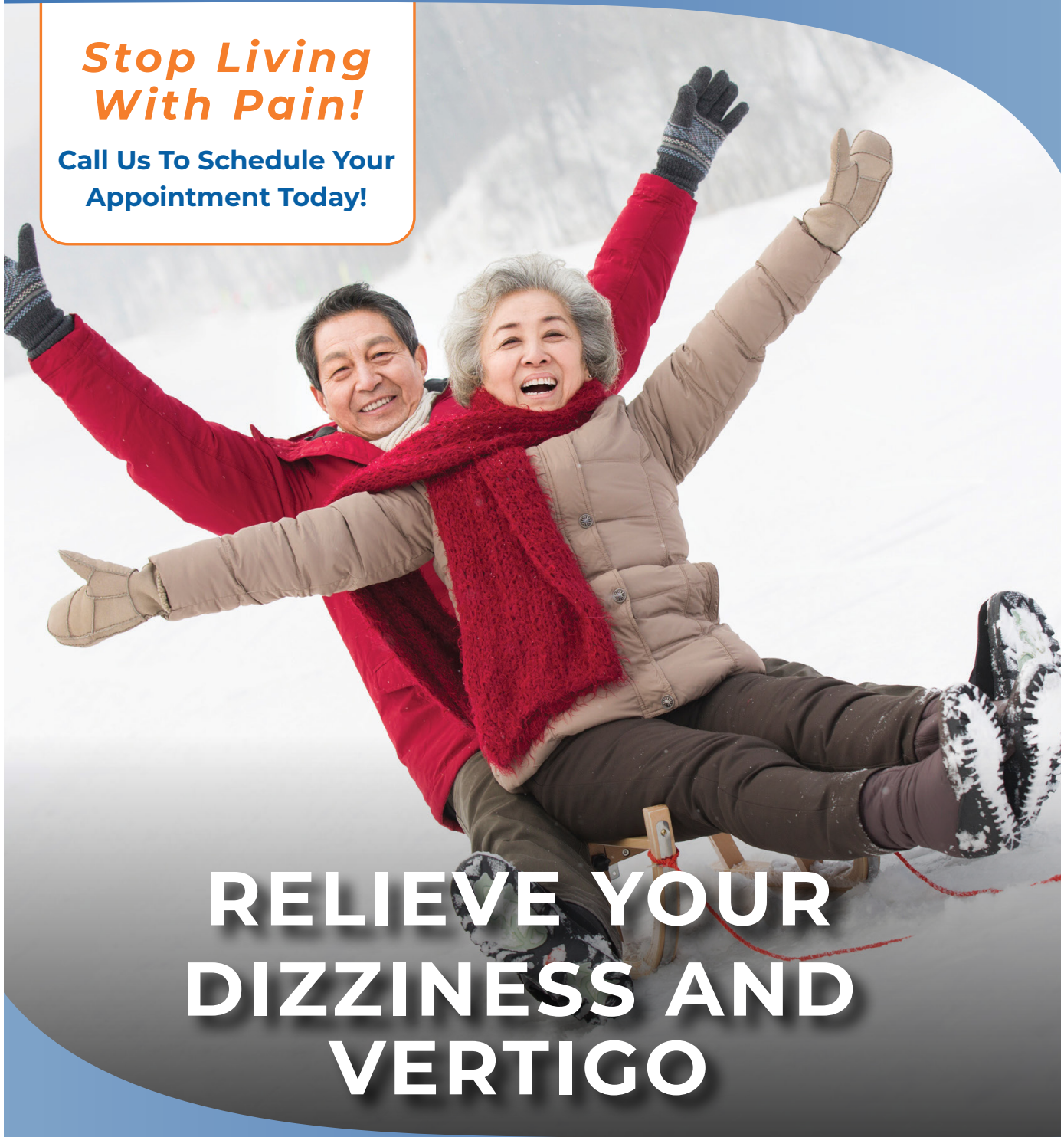


**Stop Living
With Pain!**

**Call Us To Schedule Your
Appointment Today!**



RELIEVE YOUR DIZZINESS AND VERTIGO

ALSO INSIDE: [What Are the Most Common New Year's Resolutions?](#) [Patient Success Story](#)



RELIEVE YOUR DIZZINESS AND VERTIGO

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 Soleil 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 Soleil 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 to dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision
- 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.

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 losses

OUR SPECIALITIES

MANUAL THERAPY

ACUPUNCTURE

THERAPEUTIC EXERCISE

KINESIO TAPING

ELECTRICAL
STIMULATION

ULTRASOUND

IASTM

ERGONOMIC TRAINING

MYOFASCIAL RELEASE

VESTIBULAR REHAB

NEUROMUSCULAR RE-
EDUCATION

ACTIVE RELEASE
TECHNIQUE

SPINAL & EXTREMITY
MANIPULATION

THERAPEUTIC MASSAGE

MUSCLE ENERGY
TECHNIQUE

DYNAMIC STRETCHING

DRY NEEDLING

CUPPING

TRACTION

- **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.
- Double vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Difficulty seeing or speaking.
- Sweating.
- Abnormal eye movements.

HOW PHYSICAL THERAPY CAN HELP YOUR BALANCE

Dizziness and vertigo can both 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 Soleil Physical Therapy, our therapist has 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 restore the calcium deposits to alleviate your 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.

CALL TO MAKE AN APPOINTMENT

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

Sources: <https://www.nidcd.nih.gov/health/balance-disorders>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206229/>
<https://pubmed.ncbi.nlm.nih.gov/31813696/>



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致電617-644-4522, 向我們諮詢! 我們會幫助您重返毫無病痛的積極生活方式!

Has Your Pain Returned? Call For Your Appointment Today!

What Are the Most Common



2023

2022

New Year's Resolutions?

HERE ARE THE MOST COMMON NEW YEAR'S RESOLUTIONS ACCORDING TO A YOUNG SURVEY.

- **Get in shape.** This is the most common New Year's resolution according to a YouGov survey. If you're trying to hit the gym to improve your health or tone your physique, you can avoid slacking off by enlisting a friend to exercise with you. Need additional motivation? Fitness apps and technology can help you stay on track. Trackers can monitor so many aspects of your health, from sleep to steps. All of the information can help you be more aware and get closer to your fitness goals.
- **Lose weight.** Spend any amount of time on Instagram and you won't be able to avoid the avalanche of products and schemes promising quick weight loss. And while the thought of shrinking a dress size or five by Christmas morning is a gift in itself, there really aren't any shortcuts when it comes to dropping pounds. While we've long heard the message that the key to weight loss lies in diet and exercise, the latest research suggests that, while exercise is important for overall health and keeping weight off, it isn't actually that useful for weight loss. The bottom line: If you want to lose weight, focus on cutting calories.
- **Spend less, save more.** If your bank account is looking a little low after the holiday gifts have all been purchased, you may be one of the many people who resolve to get their financial house in order in 2023. Buy and sell clothes at consignment stores, consider refurbished electronics, and buy produce when it's on sale.
- **Spend more time with family and friends.** Spending time with loved ones is great for your health and well-being, so it's not surprising that many people resolve to put more effort into nurturing their connections with family and friends. Set aside time each week to either call or meet up with a friend or family member. Take turns hosting dinner, or just get together for a walk. Friends far away? Set up a weekly video chat instead.
- **Get organized.** Getting organized is a noble goal. But in order to make this resolution stick, you're going to need some concrete strategies. Avoid impulse purchases so you don't end up with more clutter, setting aside 10 minutes each day to file and delete old emails, and setting up files to keep track of paperwork, such as medical bills, taxes and home maintenance documents.

Sources: <https://www.rd.com/health/diet-weight-loss/popular-new-years-resolutions/>

Patient Success Story

Long overdue review for the incredible, knowledgeable, and caring staff at Soleil. Every one from Ron to Dave to Wenjen (and the other therapists whose names escape me) truly fixed me and made me feel young again.

I had constant neck pain and woke up every morning feeling stiff. Ron is an expert physical therapist with years of experience. He did stretching, massage, and physical therapy. When the program was completed, he gave me a home exercise plan that was right on target — because when I do them religiously, I have no pain.

I was reluctant to do manipulations but after Dave "cracked my neck," I felt like a million bucks!

Wenjen made me relax and got the blood flowing again with relaxing acupuncture sessions.

Even the reception staff is friendly and accommodating. They took care of all of the billing for me so I did not have to do anything.

If you are having any pain whatsoever, make an appointment with Soleil. You do not have to live with it any longer. You will have to make the investment of time to do the exercises — but if you want to be pain free, it is worth every minute.

— Julie G.

Has Your Pain Returned?

Call today to schedule
an appointment!



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