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Signs and symptoms of Vertigo:

- Sudden onset of spinning sensation or sensation that surrounding objects are spinning/moving and can be associated with/without movement
- Lightheadedness, imbalance, nausea, vomiting
- Earache, loss of hearing, ringing in the ears (Tinnitus)
- Blurred vision, nystagmus, sensitivity to light, headaches
- Sweating, heart palpitations
- Neck pain and/or stiffness

Causes of Vertigo:

- Benign paroxysmal positional vertigo (BPPV) - crystals in the canals
- Meniere's disease, Vestibular/optical neuritis
- Dehydration, stroke, migraine (central vestibular disorder) - vascular
- Trauma to the area causing inflammation/swelling and dysfunction
- Post infection (Viral/Bacterial)
- Cervical spine, muscles of the head, neck and thoracic spine

Physical Therapy treatment options:

- Full subjective and objective evaluation of the neck, vestibular system, oculomotor system and cranial nerves to determine the cause of the symptoms and establish areas of treatment
- Transcutaneous electrical nerve stimulation (TENS) or Low level electrical stimulation provides pain relief by relaxing the cervical spine muscles if involved
- Ultrasound treatment is a form of mechanical vibration that relieves pain and inflammation to the areas involved
- Moist heat or cold packs
- Low-level Laser therapy is used to reduce the pain and inflammation
- Massage / Myofascial release to relax muscle and restore muscle function and joint mobilization to cervical spine
- Therapeutic exercise to restore muscle imbalances and normalize range of motion and function
- Vestibular rehabilitation therapy (VRT) includes canalith repositioning, visual ocular - and vestibular somatic habituation/retraining
- Patient education / self care techniques / relaxation techniques

