

Dizziness

What is dizziness?

Dizziness is the most common cause of the fear of falling. There are many perceptions of dizziness such as unsteadiness, an off-kilter feeling, spinning, lightheadedness, and blurred vision with movement.

What causes dizziness?

Common causes of dizziness symptoms include vestibular disorders, orthostatic hypotension, cervical disorders, and central nervous system (CNS) disorders. The causes of dizziness can be very treatable by physical therapy intervention.

What are vestibular disorders?

Vestibular disorders are usually perceived as vertigo (a spinning sensation) and may or may not be accompanied by loss of hearing or ringing in the ears. Some of the most common vestibular disorders include Meniere's disease and Benign Paroxysmal Positional Vertigo (BPPV).

What is orthostatic hypotension?

Orthostatic hypotension is caused by a fast, temporary drop in blood pressure in response to changing positions. It is usually perceived as a floating sensation or lightheadedness.

What is cervicogenic dizziness?

Cervicogenic dizziness is caused by a disorder of the neck and is described as an off-kilter feeling with tired eyes that correlate to head and neck pain/stiffness.

Who provides vestibular rehabilitation and balance training?

Several Northern Rehab physical therapists have gone through extensive training in providing hands-on treatments, personalized programs, and self-management to maximize functional stability. You can learn more about vestibular rehabilitation and dizziness by speaking to your physical therapist, calling us at (815) 756-8524, or visiting us at www.northernrehabpt.com!



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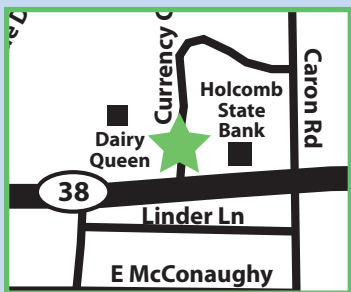


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