



REQUEST AN APPOINTMENT

**BPT**  
NO DOCTOR REFERRAL  
NECESSARY TO SEEK  
PHYSICAL THERAPY  
DETAILS INSIDE



## 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 Breckenridge 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 Breckenridge 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
- Momentarily impaired vision
- Lightheadedness or heavy-headedness
- 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.

*(Continued inside)*

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# Relieve Your Dizziness and Vertigo

Continued from previous page.

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

## 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 Breckenridge Physical Therapy, our therapists have 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.**

## No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!

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.

## Contact Us Today!

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

**CONTACT BRECKENRIDGE  
PHYSICAL THERAPY TODAY  
TO GET THE RELIEF  
YOU DESERVE!**

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## Exercise Essentials

*This exercise helps with balance.*

### TANDEM BALANCE, EYES CLOSED

Stand next to the back of a chair and place one hand on it for support. Place one foot right in front of the other so your heel is touching the tips of your toes. Close your eyes and then remove your hand from the chair. Hold this balance for 30 seconds and repeat.



*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*



Call Breckenridge Physical Therapy at 970.364.6601, or visit our website at [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com) to schedule your appointment today!

# Spring Is RUNNING SEASON! ARE YOU IN YOUR BEST SHAPE?

Are you looking forward to starting back up running after a long winter? At Breckenridge Physical Therapy, our therapists understand running injuries, and we will make sure you run pain-free this spring!

Runners are often misled into believing unproven solutions to avoiding pain and injury. Not many people know that the number-one risk factor for runners to sustain an injury is having had an injury in the last 12 months.

The other most common risk factors are:

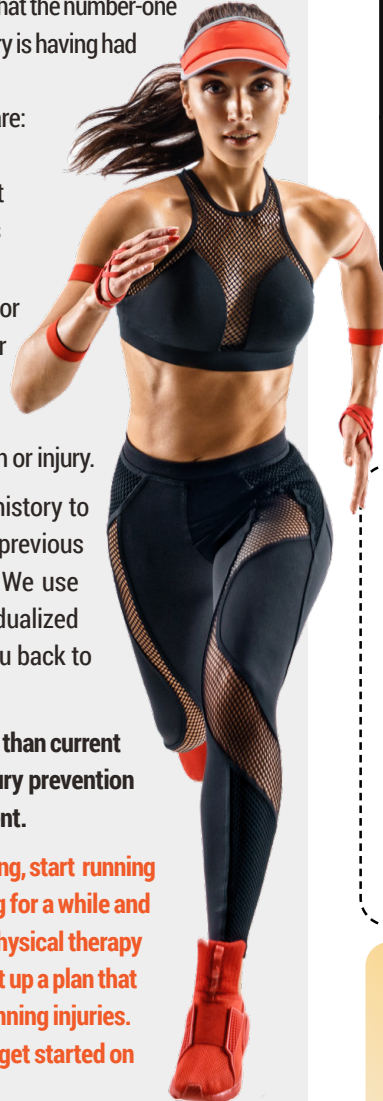
- Running experience of 0–2 years
- Restarting running after extended rest
- Overtraining (i.e., more than 40 miles per week)

To ensure you can get back to running or increase your mileage without pain or injury, start with an injury evaluation and a biomechanical assessment to identify any factor that could contribute to pain or injury.

Our therapists will take a thorough history to understand your training schedule, previous injuries, and overall health status. We use this information to create an individualized program to alleviate pain and get you back to running without limits.

Physical therapy offers so much more than current symptom relief – it offers sports injury prevention and natural performance enhancement.

If you are looking to get back into running, start running for the first time, or have been running for a while and want to improve your technique, our physical therapy team can help you. We can help you set up a plan that works for you and can help prevent running injuries. Confirm your appointment today and get started on the right track toward running bliss!



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## Patient Success Stories

“Justin is EXCELLENT. He knew the details of my treatment and spent a LOT of time with me on confirming my issue with all sorts of physical tests. I had been to others for my vertigo – Justin is the first to explain what it is, how to avoid it, exercises to help minimize it and he also explained the proper treatment for it! It is so nice to find someone that knows their profession.”

— Peter K.

## Sudoku

		8				4		
1	6							7
	7		2				1	
8	3				7			
5			6	1	4			3
			5				6	9
	8				2		9	
6							2	1
		9				6		

1sudoku.com

Level Medium

**Give This Coupon To A Friend Or Loved One!**

BRECKENRIDGE **BPT** PHYSICAL THERAPY

**Refer a Friend!**

To \_\_\_\_\_

From \_\_\_\_\_

**Do you know anyone that needs our help?**

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active & healthy life

Call us at 970.364.6601 or visit breckenridgephysicaltherapy.com



**WANT TO IMPROVE YOUR PERFORMANCE  
IN SPRING AND SUMMER SPORTS?**

**COME BACK TO PT!**

Contact Breckenridge Physical Therapy today  
and start living pain-free again!

**970.364.6601**