

890 Hammond Street  
Bangor, ME 04401  
207-992-4042



51 High Street Suite C  
Dexter, ME 04930  
207-924-0077

[www.resultsphysicaltherapy.org](http://www.resultsphysicaltherapy.org)

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## Is Vertigo causing you to be off balance?

Many folks experience vertigo, most commonly a sense of spinning. Vertigo is the sudden sensation that you are unsteady or that your surroundings are moving. It's rarely serious except when it increases the chances of falls, symptoms can come and go, and commonly last less than one minute. The problem occurs in the vestibular system in the inner ear chambers. The fluid contained within these chambers, and the tiny hair follicles tell you "where you are in space." The hair cell position changes mechanical force into electrical nerve action. If any particle interferes with this action, vertigo (or dizziness) can occur.

Occasionally, tiny calcium carbonate crystals that are produced in the gelatinous membranes form, which are sensitive to gravity. If these crystals are displaced and interfere with the action of the fluid and hair cells, the electrical response carried to the brain via the vestibular nerve, or 8<sup>th</sup> cranial nerve is abnormal and you experience vertigo. The crystals position determines which head or body positions are bothersome. Rotating your head, "yes and no" actions, rolling over in bed, bending over, walking and suddenly stopping or turning can all be impacted. Difficulty focusing your eyes, nausea and vomiting, lightheadedness and general loss of balance are the most common problems.

After an evaluation by a physical therapist, to determine which positions of the head or body aggravate the symptoms, a few simple maneuvers lying on a table can usually bring rapid relief. A home exercise program is sometimes included to help with eye focusing and gaze, postural stability and overall improvement of functional abilities.

Vertigo can be very debilitating to one's lifestyle, ability to work and care for your own and family needs. 80% of patients experience relief of symptoms after 3-6 treatment sessions. We have well trained therapists on staff who can help treat your symptoms.

**Our office offers free screenings that can be scheduled at either of our two locations,  
890 Hammond Street, Bangor or 51 High Street, Dexter.**

### Summer is on it's way

We have the perfect way to prepare for swim suit weather! Join us for an evening of "core" strengthening with the therapy ball. We will offer posture screenings and go over great exercises that use the therapy ball to strengthen the core muscles of the stomach and back. Space will be limited as we ask that all that attend have a therapy ball to use. We also will have some on hand for purchase that night. This event should be very interactive and lots of fun!!

\*\*Therapy Ball Workshop will be held on May 18th at 5pm!  
890 Hammond Street, Bangor call to sign up, remember space is limited for this event!! Call 992-4042 to reserve a spot!

### **The Misspelled Word Game !**

Once you find the misspelled word call the Bangor office at 992-4042. If you correctly identify the word you will be entered to win our monthly prize. This month the prize will be a \$10.00 movie pass. Good luck and happy searching! Winner will be drawn on May 29th. Congratulations to our April winner!

### **PATIENT'S RESULTS**

*"I came to RESULTS with extreme pain in my right shoulder and neck area. I could not hold a coffee cup with my right hand. After my first two sessions the pain started to subside and within a two week period my pain and discomfort were gone and my neck and shoulder were feeling much better!*

*-A.W.*

*"I am glad I took action to reduce the swelling in my lower right leg. After more than 7 years of feeling a lot of pressure in that right leg. I no longer have that pressure. Also I now feel confident that I am being pro-active to help insure I do not get infections in that leg. In the past four months I had started getting blisters and was concerned about infections which could lead to loss of part of my leg. So overall I am very much satisfied with the current outcome and look to the future to hopefully get a complete handle on the situation. -E.G.*