

Balance /Dizziness

Balance - Dizziness

Bringing Balance Back To Your Life!

What is Dizziness?

The body maintains balance with sensory information from three systems:

- Vision
- Proprioception
- Vestibular System

Sensory input from these three systems is integrated and processed by the brain stem. In response, feedback messages are sent to the eyes to help maintain steady vision and to the muscles to help maintain posture and balance. When there is a problem in any of these systems then you experience dizziness, vertigo or disequilibrium.

1. Dizziness is a sensation of lightheadedness, faintness or unsteadiness.
2. Vertigo has a rotational, spinning component that is not found in dizziness and causes the perception of movement, either of the self or surrounding objects.
3. Disequilibrium simply means unsteadiness, imbalance or loss of equilibrium that is often accompanied by spatial disorientation.

Did You Know?

- 35% of adults aged 40 years or older in the United States and 80% of people aged 65 years and older have experienced some form of vestibular dysfunction.
- Symptoms of chronic dizziness or imbalance can have significant impact on the ability of a disabled person to perform one or more activities of daily living such as bathing, dressing or simply getting around inside the home.
- BPPV, the most common vestibular disorder is the cause of approximately 50% of dizziness in older people.
- Overall, vertigo from a vestibular problem accounts for a third of all dizziness and vertigo symptoms reported to health care professionals.

Balance Therapists

Patients often have limited access to physical therapists with the training and expertise necessary to provide comprehensive treatment of dizziness and balance disorders.

Physical Therapy Specialists of Sioux City, Iowa has developed a Balance and Dizziness Treatment Center to meet this growing need.

The therapists at the Balance and Dizziness Treatment Center have obtained a specialized training in vestibular rehabilitation to assure comprehensive treatment of dizziness and imbalance.

They have also developed cooperative relationships with other health care providers to assist in evaluation and treatment of patients.

Your Recovery Begins Here

Call and speak with one of our intake specialists about your current condition and goals. He or she will recommend one of the licensed physical therapists on our staff - someone who has experience working with clients like you. Whether it's a new issue or an old complaint, your therapist will create a treatment plan aimed at helping you put the issue behind you. Compassionate care and a treatment plan that is carefully tailored to your individual needs can help you make rapid progress.

Give us a chance to show you what we do.

Don't let yourself suffer any longer. Call us today at (712)234-8760