



STEADY ALL OF YOUR DIZZYING BBPV SYMPTOMS WITH PHYSICAL THERAPY

We've all had the sensation of being dizzy - as if you can't focus, can't see straight, can't stand upright without swaying or falling. You may even experience "tunnel vision," where your peripheral vision goes dark for a few seconds.

(Read more inside...)

www.achievaarehab.com

INSIDE

**STEADY ALL OF YOUR
DIZZYING BBPV SYMPTOMS
WITH PHYSICAL THERAPY**

**HOW IS BBPV TREATED WITH
PHYSICAL THERAPY?**

FUN & GAMES

STEADY ALL OF YOUR DIZZYING BPPV SYMPTOMS WITH PHYSICAL THERAPY



INSIDE:

- How Is BPPV Treated With Physical Therapy?
- No Doctor Referral Necessary To Seek Physical Therapy

- Patient Success Spotlight
- Fun & Games

Dizziness is common and can have many causes. Vertigo, however, is a little different. While dizziness is typically synonymous with “lightheadedness,” which creates the illusion of being unsteady, vertigo is typically a response to a physiological factor that is causing a quite literal imbalance in your body. Those experiencing vertigo have reported feeling as if they are “rocking” or “spinning,” even when they are sitting still. If you are experiencing these symptoms, you may be suffering from benign paroxysmal positional vertigo (BPPV).

What exactly is BPPV?

Vertigo in general is most commonly caused by an imbalance in the 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 this is impaired, the necessary messages become blocked from your brain, 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 of time, or you can’t stand/move properly without feeling like you’ll topple over.

Benign paroxysmal positional vertigo is the most common cause of vertigo. While this sounds like a scary, long-winded prognosis, it is essentially an inner-ear infection. It occurs when the microscopic calcium crystals known as “canaliths” located in your inner ears break apart and move around to different parts of the ear that they are not supposed to be in. This creates a build-up of canalith clumps, causing certain canals to become

blocked. When the inner ear canals are blocked, the correct gravitational messages are unable to make it to the brain, and we become unbalanced, resulting in the sudden spinning sensations of vertigo and inner-ear discomfort.

In addition to the imbalanced sensation of vertigo, some accompanying symptoms of BPPV may include:

- Inability to focus or remain alert.
- Double vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Difficulty seeing or speaking.
- Sweating.
- Nystagmus, also known as abnormal eye movements.
- Tinnitus, also known as a ringing in the ears.
- Fainting.
- Hearing loss.
- Headaches or migraines.
- Fatigue.

RIGHT IN THE COMFORT OF YOUR OWN HOME!

In-Home Physical Therapy Serving All Of Schuylkill County And The Greater Hazleton Area

HOW IS BPPV TREATED WITH PHYSICAL THERAPY?



Benign paroxysmal positional vertigo can hinder your daily life, limiting your ability to perform even the simplest of tasks. Fortunately, Achieva Rehabilitation has some of the most advanced techniques for diagnosing and treating BPPV.

Vestibular rehabilitation is a form of physical therapy focuses on the vestibular system located within the inner ear and the ways in which we can strengthen it. Since the vestibular system sends the gravitational messages to your brain about your body movements, focusing on balance-specific exercises can help in strengthening this system, thus diminishing your BPPV symptoms.

Canalith repositioning maneuvers, such as the Epley maneuver, are forms of physical therapy that focus on treatment-specific head and body movements for BPPV patients. These exercises help in moving the calcium deposits out of the inner ear canal to alleviate blockage and allow gravitational messages to be

more easily received by the brain. As the blockage shrinks, the BPPV symptoms will lessen.

If you believe you may be suffering from benign paroxysmal positional vertigo, contact Achieva Rehabilitation today!

Our licensed physical therapists will design an individualized treatment plan based on your specific needs, in order to help you regain your balance and ease your symptoms. Don't dizzy yourself any longer – find balance with Achieva Rehabilitation without ever leaving your home! Our specialized treatments and balance therapy programs will help you get back on your feet in no time!

A professional can help you develop a program that plays into your strengths while increasing your ability to balance and reduce back injuries. Contact Achieva Rehabilitation Today and receive therapy in the comfort of your own home!

EXERCISE ESSENTIALS

ALTERNATING STEP TOUCH

Stand "tall", with sturdy step stool positioned in front. Step one foot at a time onto the stool. Alternate legs and repeat 8 times.

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

TRY THIS MOVEMENT TO IMPROVE BALANCE



No Doctor Referral Necessary To Seek Physical Therapy

Whether you want us to come visit for a check-up, suffered a recent injury or you want to improve your health, a doctor referral is not needed. *In the state of Pennsylvania, you have direct access to physical therapy!*

Save time



Save money



Improve
your health
naturally



PATIENT SUCCESS SPOTLIGHT

"Achieva Rehabilitation is nothing short of amazing. Their rehab is done in the convenience of your home, teaching you to use what you have right at your fingertips. This is a full one hour one on one intense therapy three times a week. My husband has Parkinson's and we were blessed to find Achieva Rehabilitation. Joel and Jessica were absolutely amazing. I can't begin to tell you how much my husband benefited from Achieva. These people are excellent at their jobs and it is done with care and compassion. My husband and I have had prior therapy at facilities with all of the equipment and Achieva was certainly superior to that. Please do not hesitate to call them, they will do the rest. If your doctor suggests therapy for you or your loved one, do yourself a favor and tell your doctor that you want Achieva Rehab. You do not have to be concerned with driving or perhaps trying to find a ride to get your therapy... it is all done for you. I guarantee that you will be happy with the results." - D.Z.

FUN & GAMES

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

SUDOKU PUZZLE

The classic sudoku is a number placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

OUR SERVICES

- In-Home Therapy
- Neurological Rehab
- Movement Therapy
- Orthopedic Rehab
- Joint Rehab
- Arthritis
- Tendonitis
- AND MORE!

IN-HOME THERAPY

Health care is moving away from institutions to care in the patient environment. Achieva Rehab is well positioned to help clients immediately as we take advantage of research that shows and recommends that therapy early on in the continuum of care maximizes outcomes.

ABOUT US

With Achieva Rehab, patients are able to perform **60 MINUTES OF** therapy in a stress-free environment with one-on-one attention, making sessions more focused and intensive. You simply don't get that in a therapy clinic.

ONE PATIENT, ONE THERAPIST, ONE FOCUS.

Get Moving Today with Achieva Rehabilitation!

www.achievarerehab.com

