

www.achieva-rehab.com

**ADVICE FOR THOSE
SUFFERING FROM:**

VERTIGO

**FREE INFORMATION ON WHY
YOU ARE SPINNING OR HAVE
DIZZINESS AND WHAT YOU
CAN DO TODAY**



**achieva
rehabilitation**

Content Compiled by Joel J. Digris, PT



Joel J. Digris received his Master of Science degree in Physical Therapy from Arcadia University in 1997. Joel was born and raised in Schuylkill County, and is blessed with a beautiful wife and four beautiful daughters. As a physical therapist, Joel works with people to help them regain the joy in life that is missing due to pain, weakness, dizziness, falls. As a business owner, Joel has an immeasurable desire to excel in serving the community and the patients of [Achieva Rehab](#).

Thank you for reading our report. I sincerely hope this is a good start to bringing back the joy into your life. Developing trust with your healthcare team is important. Because of this, I want to continue to send you information that we feel can guide you to improved function as you go forward and how a qualified physical therapist can help fast track that process. Please never hesitate to contact me...I am on duty 24/7.

Joel J. Digris, MSPT
joeld@achievar rehab.com
1-888-929-7677



One Patient – One Therapist – One Focus. Therapy In Your Home
www.achievar rehab.com Call 1-888-929-7677



“In this special report” on actually fixing dizziness or vertigo, I share with you very powerful principles and strategies you can make work for you – some over time and others almost instantly.

They’re in no particular order, and they all have only one thing in common: **They all work.**

There’s a great saying that goes: **“How do you eat an elephant? One small bite at a time”.** Living with life altering back pain is a big challenge...break it down into small ideas and tips. And it’s often the simplest advice that wins in the end.

Truth is, without knowing your history intimately, I cannot tell you which of these will work best for you. And even if I did know the problems you are having with dizziness, there are no guarantees that any one single strategy will work. But over the last 10+ years, I’ve been able to narrow down what really does and doesn’t work when it comes to dizziness and vertigo.

And the principles you’re about to read are included in that.

What’s more, this report shows you how to actually fight back against your vertigo– for no cost what so ever, other than that of your time. And that’s what most people who request this report are shocked to discover... that there IS a way to gain life altering education without needing a referral from a doctor or speaking one word to your insurance company.

So here’s my challenge to you... now that you have this knowledge in your hands, take time every day to try out at least one of these 100% natural strategies. It really won’t take long and most of them won’t cost you anything but a few minutes of your time. I think you’ll be pleasantly surprised by how much better and healthier you will feel for doing so.

Important notice : combine ALL of the “tips” in this Special Report simultaneously and you will likely see a great improvement in your mobility, your vertigo, and ultimately, the realization that getting back to **enjoying life IS POSSIBLE again!!**



How To Start Your Recovery TODAY by claiming a completely FREE diagnostic “Discovery Visit” with a Dizziness and Vertigo expert...

Step one in learning to naturally fix your vertigo or dizziness is to actually get to understand the problems. Without knowing what’s going wrong it’s almost impossible to push for progress.

Examining and analyzing the sources of your dizziness or vertigo is something that a physical therapist is an expert in... and it’s a shame that some people still don’t know how easy it is to “self-refer” to a physical therapist for help with Dizziness or Vertigo.

No Referral From A Doctor is Needed...

How easy? Well, there’s NO one to ask, NO referral needed, NO forms to sign, NO payment agreements and there’s NO obligation to go ahead with any physical therapy after an initial consultation which will reveal your biggest challenges and how to deal with them head on.

It’s true... you don’t even need a referral from a medical doctor, NOR do you even have to let your network know in advance that you want to go and see a physical therapist about getting answers to your pain concerns.

This means you can just call up and arrange that first DISCOVERY VISIT - today, and likely have answers within the next 48 hours! It’s that easy.

And at that first “no authorization needed” DISCOVERY CONSULTATION with one of our PTs, you can have all of your questions answered directly, and you’ll also find out what’s going wrong and what else can be done about it... to help you get there faster!

What I’m offering you is called a DISCOVERY VISIT... because you get to discover all about YOU, YOUR CONCERNS, and “US” (Achieva Rehab!)



You will learn how Physical Therapy can help you and how to make a better, more educated and more informed decision about your health!

Offering this is why we say physical therapy is a “hassle free” way of battling your Vertigo, it’s financially risk free because the first visit is 100% FREE and now you know you don’t even have to contact your network OR go to see a doctor first.

Here’s how you make contact with us:

To talk to Joel about your Dizziness or Vertigo worries:

Call: 1-888-929-7677

Email: joeld@achievarehab.com

And at that first Discovery Visit, here’s what we’ll promise you will “Discover”:

1. What is the underlying cause of your most concerning challenges?
2. **Can specialist physical therapy definitely help YOU? If not, WHO can!...**
3. If YES, exactly what sort of program do you need?
4. How long before you will experience positive results from our suggested treatment plan?
5. Are there any OTHER natural healing, drug free ways you can exploit to speed up your progress along side physical therapy?
6. How soon you can begin gentle exercise, get back to work, or enjoy play time again with your family and even walk with friends or stand in line at the shops.

Next, lets look at some ways that you might choose to fight back against your Dizziness or Vertigo while you arrange that FREE Discovery VISIT right in your own home....

VERTIGO



WHY DO I HAVE CRYSTALS FLOATING IN MY HEAD?

Benign Paroxysmal Positional Vertigo (or BPPV) is the most common cause of vertigo, which is a sense of spinning that is just like that feeling you had when you ran around a stop sign as a kid and then stopped and the world kept moving.

What that fancy diagnosis means is that it is not life-threatening. It comes on suddenly as a result of changing body positions, head position specifically. And it produces a sense of spinning that isn't actually happening to your body.

So, what is going on? In your inner ear, you've got three loops that are connected to a sphere for the purpose of this guide. Within that sphere, there are crystals that have a function. They are supposed to be there stuck to the roof of this sphere. For one reason or another, bump on head, sickness, or for no reason at all, some of these crystals break off and make their way into one of the three loops that are connected to the sphere. This is where they cause HAVOC!!

The Havoc is the false sense of movement...either you feel like you are moving or the world is moving around you...like spinning around a stop sign as a child and then stopping suddenly to watch the world keep going.





So, What HAVOC is happening in my inner ear? To learn about how those little tiny crystals can cause such a scary event in your life, let's backtrack a little bit. Let's get back to the reason you have "loops" in your inner ear. The loops are filled with fluid, much like a hula hoop filled with fluid. When you turn a hula hoop, fluid inside will move. The same happens in your inner ear "loops". When your head moves in certain directions, the fluid inside the "loops" moves. The reason it moves is that the movement tells your brain the position of your head so that balance reactions can be made.

But!! It also sends signals to your eye muscles so that they can adjust appropriately to the movement.

So, now picture your hula hoop which is filled with water. Put some small pebbles in that hula hoop. When you now spin that hula hoop, the fluid moves BUT also the small pebbles also move and move in a different way. When the crystals are in your loops and you move, the fluid AND crystals move...in different ways.

The EYES Have IT! When the fluid in your loops move AND the crystals move differently, your eye muscles end up getting TWO signals instead of ONE. What that means is that TWO PAIRS OF EYE MUSCLES are working at the same time that NEVER SHOULD BE.

The result is a great word...**NYSTAGMUS!!!** Nystagmus is literally when your eyeballs twist like a second hand that is going from the 12 to the 3 and back to the 12 rapidly over and over again for 30 seconds to 60 seconds. It is that NYSTAGMUS that causes the sensation that your body or the world is moving around and spinning. That is BPPV!!!

If you are feeling this sensation of spinning when you lie down in bed, roll over in bed, get up from bed, bend over to grab something from the floor, look up to the ceiling etc., you are very likely suffering from BPPV. And, you are likely not happy, and not living your best life of JOY! Am I right??



BPPV is a common problem, and will be encountered more and more as our population ages. The impact can range from a mild annoyance to a highly debilitating condition, and can affect function, safety and fall risk.

Fortunately, symptoms tend to decline over time as the brain slowly adjusts to the abnormal signals it is receiving, or because the condition spontaneously resolves. However, with a Physical Therapist who is appropriately trained in the assessment and treatment of BPPV, most patients are pleased that their problem can be easily corrected so **their world can stop spinning.**

So, what should you do about this? You have a few options that you can try on your own. The saddest of all of these is to stop rolling over in bed, stop getting into and out of bed quickly, stop bending over or looking upward. In other words, further reducing the amount of JOY in your life.

Secondly, you can actually self treat this condition. If you research “Brandt-Daroff Maneuver” on the internet, you will find plenty of guidance to give this method a try. Sometimes effective, it is safe and fairly easy and a good place to start for those that are DIY.

Please note that following the advice of other sources outside of this guide is completely in the hands of the reader. If you were my mother, I’d say “Give it a shot, mom. It may work but I’ll be waiting because I KNOW I’ll be able to help when it doesn’t work 100%”.

Please understand that BPPV is NOT the ONLY cause of severe Vertigo or dizziness, just the most common. That is why it is so important to speak with us. Our specialist physical therapists can fix your vertigo quickly, but, if you have other types of dizziness that is not BPPV, we get amazing results with a different program to work on your dizziness...you can learn more by contacting us if you don’t think your problem is BPPV.



When You Need To Seek Medical Care Very Soon When You Have Vertigo

If the vertigo is accompanied by other potentially serious symptoms, you should call 911 or seek emergency care, Mayo says. These include:

A new, different or severe headache, Blurred or double vision, Leg or arm weakness, Chest pain, or rapid or slow heart rate, A very stiff neck, Falling or difficulty walking, Difficulty speaking, Sudden hearing loss, Trouble organizing thoughts, An altered state of consciousness.

Our experience tells us that a specialized physical therapy program is vital for long term improvements in dizziness and vertigo. But, here are some things that you can start to help your problems today:

1. Reduce or avoid alcohol consumption. Alcohol acts as a diuretic, increasing urine output, which can lead to dehydration. Since vertigo may be caused by a change in the body's hydration levels, maintaining proper fluid balance is critical.

2. Change your diet. Eating in a way that regulates fluid intake – so you avoid either dehydration or excess water retention – can have a profound effect on vertigo symptoms and their severity, according to the Vestibular Disorders Association (VEDA), which supports research and education about balance problems.

Strategies include spreading your fluid intake out evenly over the course of the day, avoiding food that's high in salt, and drinking more liquids when exercising or when exposed to excessive heat.

3. Reduce caffeine intake. Like alcohol, caffeine is natural diuretic and can cause excessive fluid loss.



In addition, it's a stimulant that can affect the nerves in the inner ear. For those suffering from tinnitus (ringing in the ears) or hearing loss, this can increase the chances of experiencing vertigo or make the symptoms more severe.

4. Stop smoking. If you smoke, this is an excellent reason to quit.

The nicotine in tobacco smoke constricts blood vessels, decreasing blood supply to the inner ear and increasing chances of vertigo. It also raises blood pressure, another contributing factor.

5. Watch out for pain relievers. Non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen, can affect water retention and electrolyte balance (important minerals such as potassium), according to VEDA. Ask your doctor for other pain-relief options.

Do Exercises That Help With Vertigo

Vestibular rehabilitation therapy (VRT) is an exercise program that helps treat severe vertigo symptoms by promoting nervous-system compensation for inner-ear deficits, according to VEDA.

The goal is to minimize dizziness and the accompanying nausea, improve balance, and eliminate the dangerous falls that can accompany the disorder.

For best results, you should learn these exercises from a physical therapist, but they can be done at home. The difficulty and duration should increase as the symptoms begin to subside.

For safety, we are only offering the kindergarten of exercises to improve your dizziness. Sit upright and turn your head and eyes side to side quick enough to cause a little bit of dizziness. Do this for 2 minutes. Repeat 3-4 times. Do the same with head motion up and down. Several times per day.

The rest of the program is very specialized, individualized and requires the one-on-one attention of an experienced physical therapist. Call us soon!!



Conclusion

So, there you have it: Tons of things that you can do TODAY to keep active, improve your mobility, your dizziness or vertigo, and your general health, as well as live with LESS worry over what's actually going wrong.

There's obviously only so much you can do, and I could go much more in-depth on ways to drastically improve your dizziness other than the principles I've given you here, but these fundamentals, if you apply them rigorously and are disciplined, will make a huge difference to the quality of your life.

Through this report I wanted to prove to you that something can be done to rid your life of dizziness or vertigo before it stops you! AND that you don't have to accept it as a part of your life and throw in the towel, nor do you need a referral from a doctor to get the help you're looking for!

In the weeks ahead I'll be sending you even more tips and advice on how to restore your active and healthy lifestyle - and will share with you how Physical Therapy could possibly make a huge difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and my team at Achieva Rehab will become the source of leading-edge health advice for you (and your family) and make a real difference to the quality and enjoyment of your life.

If you have any questions in the coming weeks about how to successfully implement these tips, please feel free to call me, text me, or send an email.

Dedicated to Restoring Your Health,

Joel J. Digris, Owner

Specialist Vertigo and Dizziness Physical Therapist

Achieva Rehabilitation

Phone: 1-888-929-7677

Email: joeld@achievarerehab.com

VERTIGO



WHAT TO DO NEXT?

The best advice that I can give to you today is to see the help of a physical therapist that specializes in dizziness and vertigo therapy. Our program specializes in treating people with dizziness, vertigo or balance problems and we also specialize in helping those people get back their activity and independence without pills or a calendar full of medical appointments. We have three other easy ways to continue your relationship with Achieva Rehab, ultimately moving to the solution that you are looking for.

- 1. Call us at the number below and we will set up your program.** You don't even need to go to your doctor...we will take care of everything for you.
- 2. Schedule a FREE phone assessment** with our specialist...go to our website to make arrangements.
- 3. Arrange a FREE Discovery Visit** to meet us in person to discuss..again, at our website. **Above all, with everything, we hope this helps!!**



Achieva Rehabilitation's Advice Series

VERTIGO



DISCLAIMER

All content and media on the Achieva Rehabilitation website or in this guide is created and published online for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice.

Always seek the guidance of your doctor or physical therapist with any questions you may have regarding your health or a medical condition. Never disregard the advice of a medical professional, or delay in seeking it because of something you have read on this website or our guides.

If you think you may have a medical emergency, call your doctor, go to the nearest hospital emergency department, or call the emergency services immediately. If you choose to rely on any information provided by Achieva Rehabilitation, you do so solely at your own risk.

External (outbound) links to other websites or educational material (e.g. pdf's etc...) that are not explicitly created by Achieva Rehabilitation are followed at your own risk. Under no circumstances is Achieva Rehabilitation responsible for the claims of third party websites or educational providers.

If you wish to seek clarification on the above matters please don't hesitate to get in touch with Achieva Rehabilitation.



One Patient – One Therapist – One Focus. Therapy In Your Home
www.achievar rehab.com Call 1-888-929-7677

Question: Does an apple a day actually keep the doctor away?

Answer: Only if you aim it well enough!!

Our “aim” is to help you be happy and stay active and independent...Our brand of Physical Therapy might be a great fit for your needs.

Give us a chance to find out and see if we can help you. Give us a Call OR Text at the number below.

Or, arrange your FREE Phone Assessment or Your FREE Discovery Visit with one of our Specialists

Wishing You A Great Deal of Life's Joy!



One Patient – One Therapist – One Focus. Therapy In Your Home
www.achievar rehab.com Call 1-888-929-7677