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Help with dizziness is on the way!

Do you struggle with your balance or with being dizzy? Are you afraid of falling? VMC's physical therapy team can help!

Balance is achieved and maintained by your three sensory systems (eyes or sight, vestibular system, and touch or proprioception) working together to tell your brain where your body is in space. If one or more of these systems is not functioning properly, it can hinder your ability to stay balanced.

Symptoms of poor balance include fear of falling, inability to walk on uneven surfaces such as grass or gravel, or difficulty walking in the dark. Symptoms of dizziness include spinning, rocking, or lightheaded sensations. If you experience any of these symptoms, talk to your doctor and see if physical therapy would be recommended for you.



The VMC PT team will be able to assess your problems and treat accordingly. We can often offer some relief from dizziness within a few visits, or we can help you work on your balance in a safe environment, which will help you become more confident on your feet.

For more information or to schedule a consultation, contact the VMC Physical Therapy Department at 739-2010 or visit vmcpt.com.

Prevent Sports Injuries

- Make sure you have a proper warm-up and cool down. 5 to 10 minutes of light jogging or walking and stretching. Gently hold the stretches for 10-20 seconds. No bouncing!
- Make sure your footwear fits properly and is in good condition.
- Make sure your equipment (helmet, cleats, etc) fits properly.



more > www.vmcpt.com

**Recover and return to the sport you love with the
VMC Physical Therapy team**



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