



NEWSLETTER



RELIEVE YOUR DIZZINESS & VERTIGO *WITH PHYSICAL THERAPY*

**TRY THE HEALTHY RECIPE:
BAKED SWEET POTATO CHIPS**



INSIDE
**FREE Balance and
Dizziness Workshops**

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RELIEVE YOUR DIZZINESS & VERTIGO



**TENESHIA
ARAGON,**
PT, DPT in our New
Orleans East Clinic

by Teneshia Aragon, PT, DPT — New Orleans East Clinic

Have you noticed you are not as steady as you used to be? Do you notice that dizziness makes you feel less balanced? No matter your age, you can improve your balance. At STAR Physical Therapy, we can help you figure out what is causing your vertigo and/or dizziness and, more importantly, how to resolve it!

Balance is a big deal but we take it for granted. Your balance system is incredibly complex and allows you to walk around obstacles without thinking. However, it can be challenging to perform daily tasks and activities you enjoy when your balance is affected.

If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call STAR Physical Therapy today to schedule an appointment with one of our experienced physical therapists.

What Is Causing Your Dizziness And/Or Vertigo?

Dizziness is a general term used to describe a sense of unsteadiness that may be due to a lack of sleep, poor nutrition, overexertion, dysfunction in the inner ear, or a physical ailment (i.e., a head cold or the flu). Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest.

Some accompanying symptoms to dizziness may include:

- Loss of balance
- Momentarily impaired vision
- Lightheadedness or heavy-headedness
- Feeling unsteady or faint

Vertigo is the result of an issue in your 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 the vestibular system is impaired, the messages to your brain are altered, 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, or you can't stand/move appropriately without feeling like you'll topple over.

Some common causes of vertigo include:

Benign Paroxysmal Positional Vertigo (BPPV). This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in.

Meniere's disease. This occurs when fluid builds up in your ear(s). This typically includes ringing sounds in the inner ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.

Continued inside.

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Vestibular neuritis. This is an inner-ear infection that can cause vertigo.

Migraines. Migraines can impact your vestibular system, and may be coupled with sensitivities to light or sound, or may also impair your vision.

Stroke. A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

Some accompanying symptoms to vertigo may also include:

- Inability to focus or remain alert
- Difficulty seeing or speaking
- Double vision
- Sweating
- Nausea or vomiting
- Abnormal eye movements
- Arm or leg weakness

How Physical Therapy Can Help Your Balance

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter the cause, physical therapy for dizziness and vertigo can help.

At STAR Physical Therapy, our therapist has some of the most advanced techniques for diagnosing and treating dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

Our physical therapists will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

The primary goal of the assessment is to identify the specific cause of your dizziness and use a combination of manual therapy, balance exercises therapy, posture corrections, and education to help you resolve your condition.

The most common treatments will focus on:

- Reducing vestibular symptoms through specific head and body movements and positions. These movements help restore the calcium deposits to alleviate your dizziness.
- Balance exercises and vestibular rehabilitation. Specific balance exercises and particular activities focus on decreasing nerve sensitivity and reducing the effects of vertigo.
- Postural education to optimize function.

Our therapists may use videonystagmography to determine whether a vestibular disease is causing your dizziness or vertigo. It is the only test available to decipher whether there is a vestibular loss in one or both ears. This non-invasive test uses infrared goggles to record a patient's eye movements to determine how well the patient can react to visual stimuli responses sent from the vestibular system.

If you believe you may be experiencing vertigo, contact us today. We'll provide relief for all of your symptoms.

Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. Contact STAR Physical Therapy today to get started!

Healthy Recipe

BAKED SWEET POTATO CHIPS



INGREDIENTS

- 1 1/2 pounds sweet potatoes
- 1/3 cup olive oil
- Salt

INSTRUCTIONS: Preheat the oven to 300 degrees Fahrenheit. Line several baking sheets with parchment paper and set aside. Use a mandolin slicer to cut the sweet potatoes into paper-thin rounds. Pile all the sweet potato rounds into a large bowl and pour the olive oil over the top. Gently toss to coat every piece with oil. Then lay the sweet potato rounds out on the baking sheets in a single layer. Sprinkle the chips lightly with salt. Bake for 20-25 minutes until crisp and golden around the edges. Remove from the oven and cool for 5 minutes on the baking sheets. Then move the chips to a bowl, or plastic bag to store.

<https://www.aspciperspective.com/baked-sweet-potato-chips/>

startptclinics.com

Exercise Essentials

PLANK FOREARMS & FEET

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvis to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



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Patient Success Spotlight



"I began noticing that I was having difficulty with my balance. I also fell a couple of times, but thankfully I only had a few bruises. I began holding on to things so I wouldn't fall. I had difficulty getting up from sitting, especially lower things like sofas and public restrooms.

I now feel very confident in my movements. I don't feel unstable as I walk or move around in my daily routine. I can now get up and down from seated positions. I have more core strength and the knowledge to continue to exercise to keep me safe. The entire staff at STAR PT are very friendly and professional. They have given me my active life back." – Patricia



Staff Spotlight



MADDIE

My name is Maddie. I'm from Dallas, TX. I'm currently attending Xavier University on a volleyball scholarship and majoring in Pre-Med Biology.

I like working at STAR Physical Therapy because of my coworkers and the friendly environment.

In my free time, I like working out, going to the gym or running at city park.

Something interesting about me is I broke my nose when I was little, so now I don't have a sense of smell.

STAR PT Workshops!



LEARN MORE ABOUT ANY UPCOMING WORKSHOPS ON OUR WEBSITE!

Be sure to stay up to date on new Star PT Clinics workshops by visiting our website! Just look for the "Workshops" tab or scroll down to find the section pictured above!

UPCOMING BALANCE & DIZZINESS WORKSHOPS AT STAR PHYSICAL THERAPY

7/10 @ 6:00PM	7/11 @ 6:30PM	7/11 @ 6:00PM
ALGIERS CLINIC	LAKEFRONT CLINIC	COVINGTON CLINIC
7/12 @ 6:00PM	7/11 @ 6:00PM	
NEW ORLEANS EAST CLINIC	SLIDELL CLINIC	

COME BACK TO STAR PT!

- Has an old pain flared up?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to STAR Physical Therapy Physical Therapy. Call us today!