



NEWSLETTER

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The Connection Between Neck Pain & Dizziness

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THE CONNECTION BETWEEN NECK PAIN & DIZZINESS

Do you notice yourself rubbing your neck after a difficult day on the job? Do you experience dizziness, or the sensation of swaying, as if you're in danger of falling over?

Dealing with neck pain and dizziness can impact what you do and interfere with your enjoyment of life.

Fortunately, at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our therapists specialize in helping patients battle symptoms of dizziness and neck pain so that they can return to a normal lifestyle without the fear of getting hurt.

Are you ready to return to your normal routine without painful symptoms or dizziness? Do you want to learn more about how neck pain and dizziness are interconnected?

Contact First Colony Aquatic and Rehabilitation Center & Sports Therapy Center today to discover how our team may provide you with the relief you've been searching for!

HOW ARE NECK PAIN AND DIZZINESS RELATED?

It's not uncommon for neck pain and dizziness to occur together. According to Spine Health, "When neck pain and dizziness occur together, it may be due to a blood vessel that supplies blood to the brain being compressed.

Some of the associated medical conditions include spinal degeneration or neck instability, which can put pressure on the vertebral artery."

Dizziness that is related to a problem in the neck is known as cervicogenic dizziness. Some of the possible causes of cervicogenic dizziness include:

Whiplash

This injury is caused by the neck rapidly whipping back and forth, as in a rear-end collision or other collision. Whiplash is most commonly associated with neck pain, but dizziness and other symptoms may also occur.

It is thought that in some cases, an injury to the neck's joints and/or muscles may alter proprioceptors and contribute to dizziness.

Cervical spondylosis

Cervical spondylosis, or neck spine degeneration, can occur as a result of cervical osteoarthritis, cervical degenerative disc disease, and other wear and tear on the spine over time. Nerve roots and blood vessels may become compressed as the intervertebral discs and joints degrade, contributing to dizziness in some cases.

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FINDING STEPS TO DEFEAT DIZZINESS

Vertebrobasilar insufficiency (VBI)

VBI occurs when one or more of the main arteries leading to the brain becomes compressed or unable to deliver enough blood, resulting in dizziness.

Other causes of dizziness include migraines, stroke, vestibular neuritis, benign paroxysmal positional vertigo (BPPV), and Meniere's disease.

HOW CAN PHYSICAL THERAPY FOR NECK PAIN HELP WITH DIZZINESS?

Physical Therapy is one of the most effective treatments for neck pain. Our physical therapists at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center will perform an initial physical evaluation to assess your neck's range of motion and any limitations caused by your pain.

They will then develop a diagnosis that will guide the development of your treatment plan. The primary goal of your treatment plan will be to recover as quickly as possible and return you to a pain-free lifestyle.

Manual or "hands-on" therapy, which consists of unique techniques designed to reduce stiffness and improve the range of motion in your neck, will most likely be used to treat your neck pain. Our physical therapists will also teach you specific exercises to strengthen, build, and improve the muscles and tissues in your neck.

We will concentrate on improving your posture to aid in the recovery of your neck muscles and prevent future injury. Additional treatment options may include ice and heat therapy, ultrasound, or electrical stimulation, as determined by our physical therapist.

As your neck pain is treated, you'll likely find that your dizziness naturally diminishes. However, if you need additional treatment to rid your dizziness completely, know that you have many options at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center.

We offer vestibular therapy services at our clinic to combat the symptoms of dizziness and vertigo. Vestibular therapy includes treatments such as the Epley maneuver and Cawthorne head exercises.

The Epley maneuver allows for canalith repositioning to move the broken calcium crystals in patients experiencing BPPV. Cawthorne head exercises focus on decreasing nerve sensitivity and reducing the effects of vertigo.

ARE YOU READY TO FIND RELIEF? CONTACT FIRST COLONY AQUATIC AND REHABILITATION CENTER & SPORTS THERAPY CENTER TODAY!

Are you tired of your neck pain and dizziness slowing you down? Comprehensive relief is possible with physical therapy.

Our therapists can tackle your pain at its source, providing you with long-term relief. Don't hesitate to unlock the help you need. Contact our clinic today to request an appointment with one of our talented specialists.

GET STARTED ON YOUR RECOVERY TODAY!
 CALL SUGAR LAND AT **281.226.9802**
 ROSENBERG AT **281.559.7429** OR
 SPORTS THERAPY CENTER AT **281.980.2997**

OR VISIT OUR WEBSITE
 AT SUGARLANDPT.COM

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FirstColonyAquatic
and Rehabilitation Center

SERVICE SPOTLIGHT

VESTIBULAR THERAPY

Vertigo is the feeling of a rocking or rotation when you are perfectly still. It tends to last for several hours or days. Medically, it is distinct from dizziness because it involves the sensation of movement. Vertigo is often due a problem in the inner ear. An important part of the inner ear is the collection of semicircular canals. These structures are lined with cells that act like a gyroscope for the body and are responsible for providing feedback of our position.

First Colony Aquatic and Rehabilitation Center offers vestibular therapy to help you find relief from vertigo and dizziness. If you are in Sugar Land, Rosenberg or Fort Bend County, TX and you are interested in learning more about this treatment, please request an appointment.

Causes and Risk Factors for Vertigo

There are a variety of causes for this condition. The cause may be central or peripheral. Central causes occur in the spinal cord or brain, while peripheral is due to a problem with the inner ear. An illness or small crystals in the inner ear that become displaced can cause an irritation within the semicircular canals. This is a central cause and known as benign paroxysmal positional vertigo (BPPV). With Meniere's disease, there is a fluid buildup in the inner ear that can cause vertigo. Headaches, head injuries, strokes, tumors and multiple sclerosis can also cause vertigo.

Head injuries definitely increase the risk factor for vertigo. In addition, antidepressants, aspirin, blood pressure medications and anti-seizure meds can also cause vertigo. For some, alcohol can cause vertigo.

The Prognosis

Most patients with peripheral vertigo can find substantial relief with treatment; it has been suggested that the Epley maneuver in cases of BPPV can benefit as many as 90% of affected patients. Although recurrence of BPPV may be more than 15% in the first year after an episode, it is unlikely that vertigo will persist beyond a few days. When vertigo persists, evaluation for any underlying structural problems of the brain, spinal canal, or inner ear may be necessary.

For more information, Contact us at our Sugar Land, TX or Rosenberg, TX center.



SEASONAL RECIPE

KOLACHE



INGREDIENTS

- 1 packet yeast (2 ¼ teaspoons)
- ¼ cup warm water
- ½ cup warm milk
- ½ cup sour cream
- ¼ cup sugar
- ¼ cup butter (room temperature)
- 1 large egg
- ½ teaspoon salt
- 3 cups flour
- 1 can Almond or Poppy Seed Filling
- 1-2 cups powdered sugar
- 1-2 tablespoons milk

INSTRUCTIONS:

1. In a large bowl, dissolve yeast in warm water. Add milk, sour cream, sugar, butter, eggs, salt, and 1 ½ cups of flour. Beat until smooth. Beat in the remaining flour to form a soft dough. Transfer to a greased bowl and refrigerate overnight.
2. Roll dough out into a 14 x 12-inch rectangle. Spread with filling. Roll like a cinnamon or jelly roll to make a 14-inch long cylinder. Pinch edges to seal, place seam side down on a parchment paper lined baking sheet. Let rise until doubled in size about 1 ½ hours.
3. Bake at 350°F for 35-40 minutes. Let cool on a wire rack.
4. Create a thin glaze with the powdered sugar and milk and drizzle over the top. Slice and serve.

PATIENT SUCCESS STORY

“If you are suffering from vertigo, don't waste your money on medications and doctors, see First Colony Aquatic and Rehabilitation Center. They can have you back on your feet and feeling good in no time at all. **-Becky N.**”

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