

# Brostrom Physical Therapy

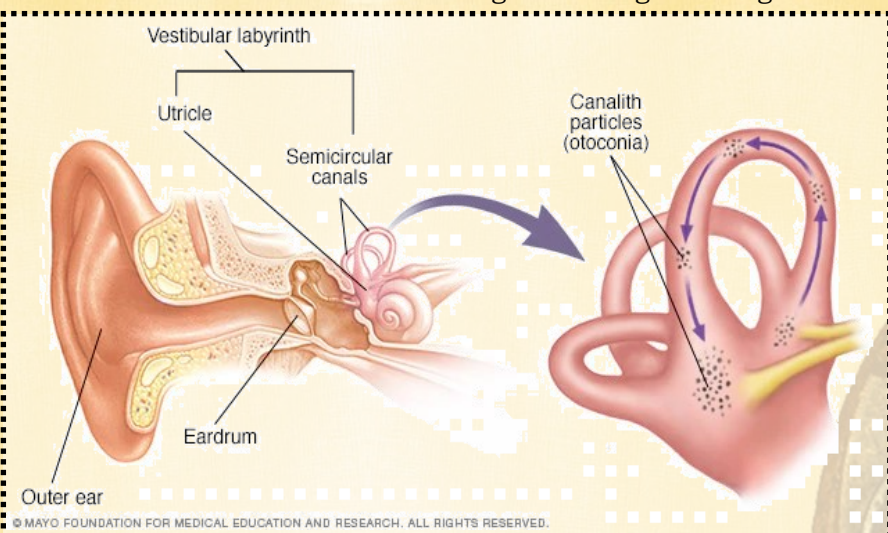
## Vestibular Rehabilitation

From the desk of: Carly Bernadotte PT, DPT

The vestibular system is a sensory system made up of a collection of structures that provide you with your sense of balance and an awareness of your spatial orientation. Patients that have problems with their vestibular system often refer to this as having “vertigo.” Common experiences with vertigo are dizzy spells or episodes commonly when turning over in bed or moving the head in a specific direction. Episodes can also be triggered by tilting the head up or down, lying down or getting up. The most common vestibular disorder is called BPPV (Benign Paroxysmal Positional Vertigo). This is usually brought on with turning the head or changing direction. People often experience a sensation of the room spinning, sometimes along with nausea or vomiting. It can be a very uncomfortable feeling that can even become debilitating depending on how bad it gets. Luckily, physical therapy can be a very effective treatment for this disorder.

What happens to cause this sensation is that the crystals in the inner ear semi-circular canals get stuck where they shouldn't be. This makes your brain think your head is in a different position than it really is. Mismatching signals from your brain and head cause miscommunication and leads to dizziness. These spells can also include nausea and vomiting. At physical therapy, we use different evaluation techniques and tests to determine which ear is the ear that is having a problem. Then, we evaluate to see which canal (there's 3!) that the crystal could be stuck in. From there, we determine how long the symptoms are lasting when the patient has vertigo to determine the best treatment option. With this information we can use a variety of maneuvers to try and remove the crystals and move them back to where they are supposed to be. With the crystals in the correct place, the messages of where your body is in space get sent more easily and cause less disruption, discomfort and less dizziness.

The not-so-fun thing about treating the vestibular system is that it often gets worse before it gets better. Physical therapy and the maneuvers usually bring on the symptoms, but this is in aim to decrease them overall and eliminate them in the long run. The good thing is that it usually only takes a few visits to get the



symptoms under control where they shouldn't be affecting daily life anymore. Then, a therapist will show you exercises to keep doing at home for a period of time to ensure that improvement is maintained and long lasting.

**If you are having symptoms that sound like the ones mentioned above, please know that physical therapy treatment and intervention can help! Contact your Physician or a physical therapy clinic to start treatment and get relief!**

### Quote of the Month:

**“THE PERSON WHO SAYS IT CANNOT BE DONE SHOULD NOT INTERRUPT THE PERSON WHO IS DOING IT.”**

**– CHINESE PROVERB**





With credit to: <https://www.allrecipes.com/recipe/17036/pumpkin-pancakes/>

**NATIONAL  
PHYSICAL  
THERAPY  
MONTH**  
AMERICAN PHYSICAL THERAPY ASSOCIATION

**October is National Physical Therapy Month! Brostrom Physical Therapy would like to use this opportunity to thank you for your outstanding support. We appreciate you!**

## Recipe of the Month: Pumpkin Pancakes

### Ingredients:

1 1/2 c. milk  
1 c. pumpkin puree  
1 egg  
2 Tbls. Vegetable oil  
2 Tbls. Vinegar  
2 c. all purpose flour  
3 Tbls. Brown sugar  
2 tsp. baking powder  
1 tsp. baking soda  
1 tsp. ground allspice  
1 tsp. ground cinnamon  
1/2 tsp. ground ginger  
1/2 tsp. salt

**Prep:**  
**20 min.**

**Cook**  
**20 min.**

**Yields:**  
**6**

### Directions:

1. In a bowl, mix together milk, pumpkin, egg, oil and vinegar. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt in a separate bowl. Stir into the pumpkin mixture just enough to combine.
2. Heat a lightly oiled griddle or frying pan over medium heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

*Brostrom Physical Therapy*

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