

IN-Balance Seminar

- Dizziness
- Balance deficits
- Falls
- Treatment approach

Dizziness



- 15 million cases per year in USA
- Most common complaint that adults report
- Most common reason people older than 75 years old see their physician
- 63% of people with persistent dizziness, continue having symptoms beyond 3 months

Some classifications

It is very important to be able to describe it to your physician and/or physical therapist

- ✓ What kind of dizziness?
- ✓ When does it happen?
- ✓ How long does it last?
- Lightheadedness: fainting
- Disequilibrium: off balance
- Vertigo: room or self spinning



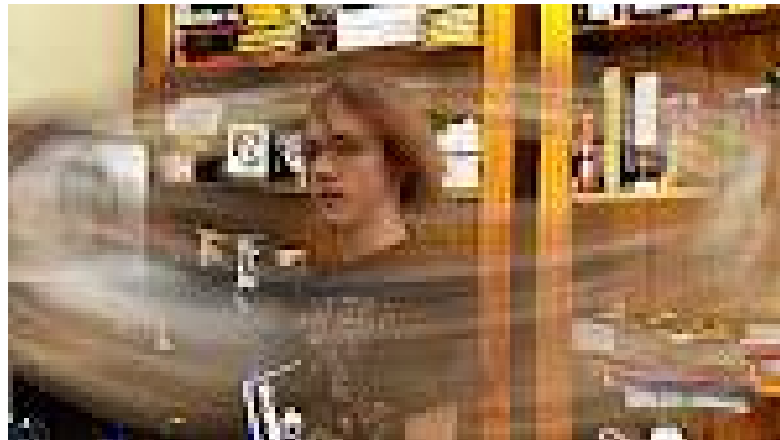
Causes



- Side effect of most medications
- Low blood pressure
- Sitting up fast
- Trauma
- Epilepsy
- Hydrops: Meniere's disease
- Migraine headaches
- Anxiety
- Ear infections



- Benign Paroxysmal Positional Vertigo (BPPV)
 - Most common peripheral (inner ear) type
 - Vertigo with head movement
 - Lasts 1 to 2 minutes
 - Usually worst in the morning
 - Crystals are displaced in semi circular canal
 - 85% of cases involve the posterior canal



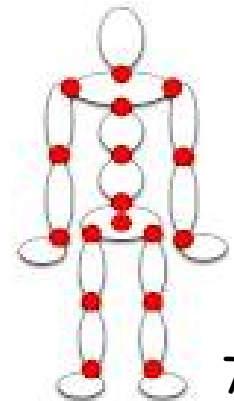
What to do?...



- DO NOT close your eyes
- Find a safe place if possible
 - Sit down
 - Lower yourself to the ground
 - Lean on wall
 - Hold on to someone
 - Pull over if you are driving
 - Know where the emergency lights are
- Focus on an object
- Stay calm and breath deep and slow
 - Avoid hyperventilation

Balance

- Ability of our muscles to keep us from falling.
- Muscles don't act alone
 - Communication between:
 - Vision: 80%
 - Vestibular system
 - Receptors in all of our joints



Balance Deficits Causes

- Dizziness
- Muscle weakness
 - Aging
 - Loss of muscle fibers that react fast
 - Disuse
 - Bed ridden
 - Sedentary life style
 - Bad posture
 - Disease



Dizziness + Balance Deficits =

FALLS



- Number 1 reason for hospital visits of people 65 years or older: Balance, muscle power and protective reactions deteriorate as we age
- Consistently associated with fractures
 - 90% hip fractures in elderly
- 22% cause of Spinal Cord Injuries
- 25% cause of Traumatic Brain Injuries

Treatment Approach

- Relocation of crystals
- Habituation exercises
- Balance activities with eyes closed; on uneven surfaces; and with narrow base of support
- Strengthening

But,
why?



Eyes closed



- Dark bedroom, movie theater
- Sneezing, laughing, yawning
- Looking to the side

Uneven surfaces



- Grass, sand, rocks
- Water
- Carpet
- Incline

Feet together



- Between cars
- Side walk
- In line
- Rows of chairs

Strengthening



- Stand up, sit down
- Reaching
- Walking
- Stairs

Take home message

- Physical therapy is an appropriate treatment for dizziness and balance deficits, and consequently, for the prevention of falls.
- Describe your dizziness to your physician and/or physical therapist
- Know what to do in case of an episode:

