



Physical Therapy and Vertigo

Vertigo is the sensation of spinning. Even when being still, you may feel like you are moving or that the room is moving around you. You may also experience nausea, vomiting, sweating, and abnormal eye movements.

What causes vertigo?

Most causes of vertigo involve the inner ear (*vestibular system*). Each of the following can result in vertigo:

- Inner ear infections or disorders
- Migraines
- Tumors
- Stroke
- Head injury
- A hole in the inner ear

Answers to the following questions can help your physical therapist identify the cause of your vertigo and determine the best course of treatment:

- When did you first have vertigo (the sensation of spinning)?
- What were/are you doing when you experience(d) vertigo (turning your head, bending over, standing perfectly still, rolling in bed)?
- How long does the vertigo last (seconds, minutes, hours, days)?
- Have you had vertigo before?
- Do you have hearing loss, ringing, or fullness in your ears?
- Do you have nausea with the spinning?
- Have you experienced changes in your heart rate or breathing?

If the vertigo is accompanied by double vision, difficulty speaking, a change in alertness, arm or leg weakness, or an inability to walk, you should go to the Emergency Department immediately.

How a Physical Therapist Can Help

Specific treatment will depend on the cause of your vertigo, but it can include head and neck movements or other exercises to help eliminate your symptoms. Your balance and walking may still be impaired after your vertigo has stopped, and your physical therapist can develop a treatment plan to improve your dizziness and balance.

Find a physical therapist in your area at www.moveforwardpt.com

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