

Demystifying Dizziness

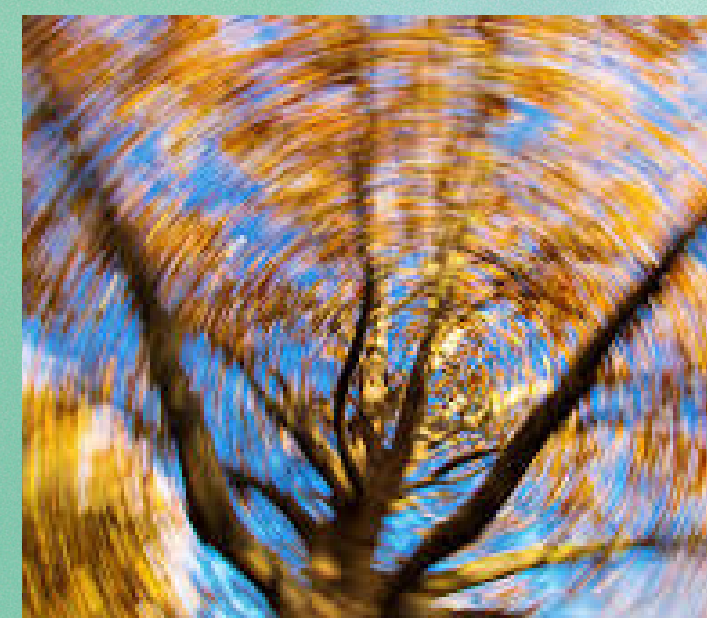
5 signs your equilibrium is off and you need PT now!

1



Dizziness when maneuvering in bed, bending over, or looking up- whether it's spinning, nausea, or wooziness, it's there, and you might prefer to be upright and still.

Gaze Instability - It takes you longer to "center your eyes," maybe dependent on the position of your head. You dread busier public settings (stores, fairs, etc).



2

3



Falls and/or unsteadiness -You're afraid of falling, maybe you're grabbing onto the walls or relying on a walking aid...as a result, spending more of your day sitting.

Limited Concentration - You may need breaks at the computer or reading due to feelings of "brainfog" or light-headedness. You may experience headaches, "sensory overload," or feel less productive.



4

5



Limited head movement - This could be primary from underlying arthritis or neck stiffness, or secondary from self-limiting head movements that make you dizzy. Either way, it needs attention.

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