

## 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. 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
- Surgery that removes or injures inner ear or its nerves
- Head injury, that results in injury to inner ears
- A hole in the inner ear

You might also have:

- Nausea
- Vomiting
- Sweating
- Abnormal Eye Movements

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.

In addition to the above, treatment may include:

- Exercises to improve your balance
- Exercises to help the brain “correct” differences between your inner ears
- Exercises to improve your ability to focus your eyes and vision