

VESTIBULAR REHAB FOR
BALANCE & DIZZINESS



You may be out of balance if you...

- Fall over frequently
- Feel dizzy
- Feel like you're spinning
- Experience blurred vision
- Have difficulty concentrating
- Have difficulty sleeping



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GIVE THIS NEWSLETTER TO A FRIEND!

Many of our patients have expressed that they have trouble explaining to others what we do here at Synergy. After you read it, please give this newsletter to a friend or family member so they can learn more about how we can help them!

WHAT IS

VESTIBULAR REHAB?

Balance is the ability of your body to stay upright, feel steady, and stay in a state of equilibrium. We rely on multiple systems in our body to tell us if we are balanced. These systems include our inner ear (vestibular system), our vision (ocular system), and our sensation and feeling (somatosensory system).

Vestibular rehab is a type of therapy that uses exercises and hands-on treatments to help get your body's balance centers working better.

This technique has been around since the 1960s, and it was first created after patients had surgery on their vestibular systems. Some of these patients were having difficulty returning to their normal daily activities after surgery. Through research and studies, physical therapists began to develop different exercises to train the body's balance systems. Later, it was discovered that performing specific positioning techniques could help fix some patients' dizziness, such as those with positional vertigo.

How It Works

First, the therapist will perform tests to look at your balance, strength, how you walk, how well you move your head, and how your vision is. Additionally,

the therapist might perform a positioning test to see if your dizziness is caused by your inner ear.

After the exam, the therapist will work with you using specific exercises, positioning and/or hands-on soft tissue techniques to help get your body more balanced.

The Benefits of Vestibular Rehab

Many people who are dizzy or have symptoms of being off balance, especially when they're moving around, will benefit from this treatment. Also, people who have been diagnosed with Benign Paroxysmal Positional Vertigo (or BPPV – a spinning sensation when getting in and out of bed or rolling over in bed that lasts less than a minute at a time) whose symptoms have not been treated may benefit from vestibular rehab.

Note: It is always important to have a check-up with your doctor first to rule out medical reasons for dizziness.

After having vestibular therapy, many people report that they are less dizzy, fall less, feel more able to perform their daily activities, or even report that they no longer have any symptoms of being off-balance.

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Frequency Specific Microcurrent (FSM)

The study of Frequency Specific Microcurrent (FSM) has evolved from original theories from 75 years ago, when it was discovered that each tissue and each organism and every process has a specific frequency. The system has been rediscovered, expanded and refined most recently by Carol McMakin, MA, DC, who has explored the work of others in her field and having experienced impressive results with older models of equipment, participated in research and the development of more accurate equipment and training.

The premise is that in the presence of a current or magnetic pulse that is at the frequency of healthy tissue, a stressed tissue will begin to respond as a healthy tissue. In the presence of a vibration which is at the frequency of a process, that process will be facilitated. At a cellular level, this means the production of more ATP, which is the energy of the cell. The vibration can be in the form of a mild electric current, pulsed magnetic current, or LED lights.

Virtually everyone can benefit from FSM in conjunction with your rehabilitation program. There is solid research addressing the treatment of chronic pain and fibromyalgia, and practitioners from around the world have been documenting successes with many other conditions, including:

- Arthritis
- Lymphedema
- Trauma
- Soft tissue injuries
- Neurological conditions
- Physiological conditions
- Headaches

Therapists at Synergy Healthcare have attended training by Dr. McMakin and have extensive experience in rehabilitation of complex conditions.

Test Your Vestibular Function

If you feel dizzy, have vertigo, or have difficulty maintaining your balance, you may be suffering from a vestibular system problem. Use the Fukuda Test to test your vestibular function. Please do this with someone close by.

How to Perform the Fukuda Test

1. Stand in the middle of the room. Place a small piece of tape on the floor in front of your toes to mark your starting position.
2. Close both of your eyes. Hold your arms out in front of you.
3. Walk in place for 30-50 steps.
4. Open your eyes and determine if your body rotated to one side while you were stepping in place. If your body rotated significantly, you may benefit from vestibular rehab.



Patient Success Spotlight

**“I am so very much improved.
My gait is near perfect now!”**

“I began a class with Becca to work on my balance after Laurie had healed me of my pain. My problem was my gait, and leaning toward my left side and wobbling.

Thanks to Becca, who is bubbling over with joyful enthusiasm and positive energy, and who gave me such terrific balance and strength exercises that she had compiled herself, I am so very much improved. My gait is near perfect now! I love Becca and would recommend her to anyone. I love Synergy and would recommend this wonderful place to anyone!”

— Holly S.



Rebecca Leitner, PT (left) and Holly S. (right)

Staff Spotlight

Rebecca Leitner, PT

Rebecca grew up in the Denver, Colorado area. She studied Health and Exercise Science at Colorado State University as an undergraduate, and received her Doctorate in Physical Therapy from Regis University in 2011.



Rebecca started her career as a physical therapist in Southern Colorado, working in a hospital there for 7 years. She treated people who had undergone trauma, surgery, orthopedic injuries, and other illnesses requiring hospitalization. Rebecca found that many of her patients reported difficulty in moving around or performing daily tasks due to dizziness or vertigo. This encouraged her to pursue further education in Vestibular Rehabilitation, and she earned a certificate in vestibular rehabilitation from the American Institute of Balance in 2016.

In the summer of 2018, Rebecca relocated with her family to Spokane, Washington. She worked in home health care until she had the opportunity to join Synergy Healthcare in January of 2019. Her goal is to help people regain what they may have lost through illness and injury. In her spare time, she enjoys fishing, spending time with family, hiking, and traveling.

FRIENDS OF SYNERGY

\$20 SYNERGY
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**“You help
us to help
others”**

Thank you to all those who have referred a friend or family member to Synergy. In return, you will receive \$20 Synergy Bucks—equivalent to cash to spend on services and products at Synergy! Thank you to everyone who has referred friends or family to us.

Recent Synergy Bucks Recipients

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