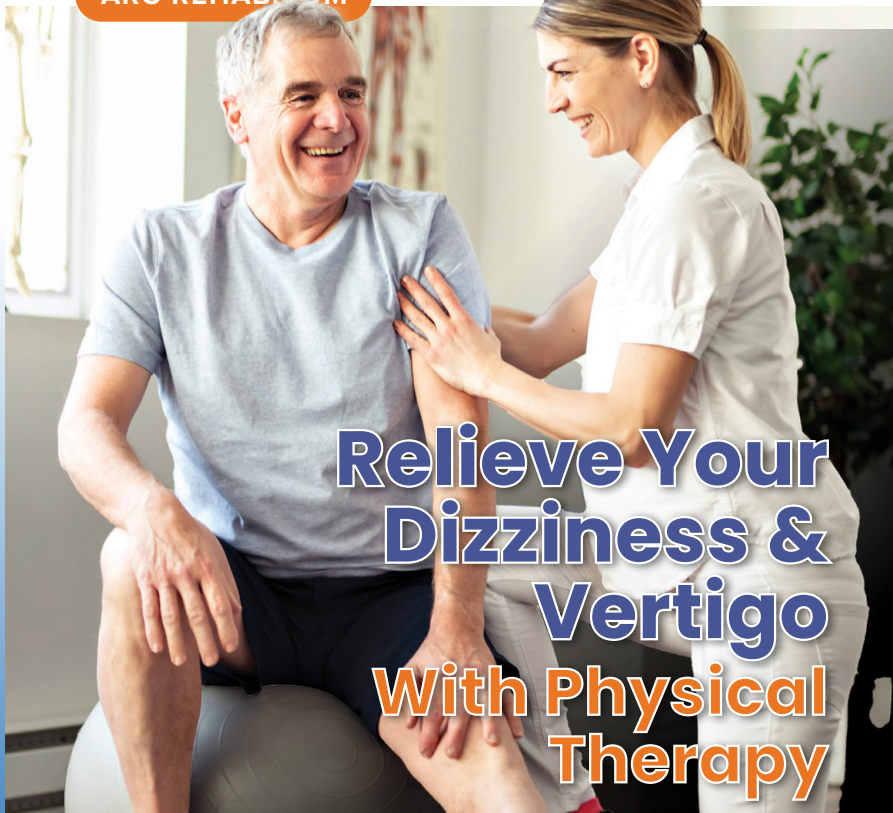




NEWSLETTER

Your #1 Health and Wellness Resource

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Relieve Your Dizziness & Vertigo With Physical Therapy

INSIDE:

- 90 Days To A New You
- Registered Dietician Q&A
- Trivia Challenge — ENTER AND WIN!
- Heart Health Exercise Program

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Relieve Your Dizziness & Vertigo WITH PHYSICAL THERAPY



Do you find yourself getting dizzy doing everyday tasks? Do you find it hard to focus on one thing for long periods? Do you feel tired, lightheaded, or nauseous at any time of the day? If so, some of these can be signs of vertigo. At ARC Physical Therapy, our physical therapists can evaluate your condition and help you find relief, sometimes in a matter of minutes!

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People who experience vertigo typically report an overwhelming sensation of feeling off balance. It can make someone feel dizzy, like you're moving or spinning, resulting in a loss of balance. Some people experience problems focusing their eyes or have ringing in their ears. If severe, the condition can cause sweating and even nausea or vomiting.

Our physical therapists at ARC Physical Therapy can help relieve your symptoms. Call today to schedule an appointment with one of our specialists!

The Most Common Causes of Vertigo

Three common causes of vertigo symptoms are Benign Paroxysmal Positional Vertigo (BPPV) and Meniere's Disease, and vestibular neuritis.

BPPV is essentially an inner-ear infection. This type of infection occurs when microscopic calcium particles called "canaliths" clump up in the inner ear canals.

Your inner ear is responsible for sending gravitational messages to your brain regarding the movements of your body. This is how we remain balanced daily. When the inner ear canals are blocked, the correct messages cannot make it to the brain, and we become unbalanced – thus, causing vertigo.

Meniere's Disease is a disorder of the inner ear caused by a buildup of fluid and fluctuating pressures within the ear. It has a similar effect as BPPV, as the fluid and pressure block messages from the inner ear canal to the brain, resulting in imbalance. Meniere's Disease can cause tinnitus, commonly referred to as "a ringing of the ears," and may even cause hearing loss in extreme cases.

Vestibular Neuritis is also known as labyrinthitis. This is another type of inner ear infection, but it's caused by a virus. The virus causes the inner ear and surrounding nerves to swell, resulting in difficulties with your balance due to discrepancies in the messages sent to the brain.

Continued inside.



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RELIEVE YOUR DIZZINESS & VERTIGO WITH PHYSICAL THERAPY

Continued from previous page.

Although the most common causes of vertigo are due to issues with the inner ear, some less common causes of vertigo include:

- Injury to the head or neck
- Stroke
- Migraines
- Brain tumor
- Medications

Vertigo can sometimes go away on its own, however, it can also progress and worsen over time. If you believe you may have the symptoms of vertigo or one of its causes, it is essential to consult with one of our physical therapists immediately.

How Physical Therapy Can Help

Physical therapy is a standard treatment for vertigo, and our therapists at ARC Physical Therapy are trained to help alleviate any vertigo symptoms you may be experiencing. Your physical therapist will ask you questions to identify the cause of your vertigo and use this information to design the best treatment.

Your physical therapist will perform tests to determine the causes of your vertigo. In some cases, the tests will clarify what is going on and how to resolve it. For example, if you have Nystagmus, also known as "eye jerks." This is the phenomenon of experiencing uncontrollable eye movements and is common with BPPV testing.

Our physical therapists are movement experts. In addition to vertigo testing, they also will determine your risk of falling. Then, depending on the results, your physical therapist may recommend further testing or specific interventions to alleviate your condition and ensure you are safe. The exact treatments will focus on helping you get moving again and managing your vertigo simultaneously.

Treatment may include specialized head and neck movements that you can be taught to do. If you still have dizziness and balance problems after vertigo stops, your physical therapist can target specific activities to address those problems.

Therapeutic Methods For Vertigo

Vestibular rehabilitation focuses on the vestibular system, located within the inner ear. The goal of this kind of therapy is to rebalance your vestibular system.

The vestibular system sends the gravitational messages to your brain about your body movements, and focusing on balance-specific exercises can help reset this system, thus diminishing the effects of vertigo.

Canalith repositioning maneuvers focus on treatment-specific head and body movements for BPPV patients. These exercises help move the calcium deposits out of the inner ear canal to alleviate blockage and allow gravitational messages to be more easily received by the brain. As the backup shrinks, the symptoms of vertigo will lessen.



Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. We'll provide relief for all of your dizzying symptoms!

Contact ARC Physical Therapy today to get started!

MONTHLY TRIVIA CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

ENTER AND WIN!

1. Which city's name translates to River of January?
2. What currency was first used in January 2002?
3. Apple Inc was incorporated in January of what year?
4. In January 1987, who became the first female artist to be inducted into the Rock and Roll Hall of Fame?
5. Which legendary American basketball team based in New York played their first match in January 1927?
6. Best known for his poetry and short stories, particularly his tales of mystery and the macabre, which famous writer of the Raven was born in January 1809?
7. Which country celebrates Margaret Thatcher Day on January 10?
8. Which iconic soul- and funk-based record label was founded in January 1959?



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Registered Dietician Q&A

Join Us On Facebook Live
March 8th
12PM

Celebrate National Registered Dietician Day with us as we interview Ashley Barrient, Licensed Dietitian, Nutritionist and Licensed Clinical Professional Counselor. We will be asking her your submitted questions, as well as leaving time at the end for any questions you may still have. Don't miss out!

Questions?

Email: abohnstet@arc-rehab.com



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90 DAYS TO A NEW YOU

WANT TO LOSE WEIGHT OR START HEALTHY HABITS?
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-Initial assessment with goal setting
-Final assessment to assess gains



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-Full access to our gym + 2 weekly workouts using our app



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-Weekly Healthy Recipes
-Nutrition Guidance
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MEMBERS: \$85/PER MONTH
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Sign Up Today!

REGISTER BY February 20th
LIMITED SPOTS AVAILABLE
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FEBRUARY HEART HEALTH EXERCISE PROGRAM



4 Week Program

Thursdays from 1:00 PM - 2:00 PM
February 2nd, 9th, 16th, AND 23rd

Surprise Giveaway!

BLOOD PRESSURE MEDICATION? HIGH CHOLESTEROL?
We all know February is heart health month!

Join Alex, ARC's Exercise Physiologist, in some heart healthy conversations and cardiovascular exercise!

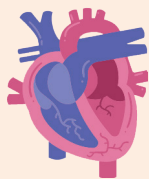
Where: Westmont Park District Multipurpose Room

Price: \$32

*10 Person Minimum

This is a progressive program. Pricing reflects all 4 required sessions.

Call Today to Register



COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.



CALL ARC TODAY!

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