



Rehab. Recover. Get Your Life Back.

NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

[FirstChoicePTNV.com](https://www.FirstChoicePTNV.com)



RELIEVE YOUR DIZZINESS
AND VERTIGO

*With First Choice
Physical Therapy*

PHYSICAL THERAPY CAN HELP YOU FIND RELIEF >>

**FREE DOCTOR OF PHYSICAL
THERAPY CONSULT**

**1-1 EXAMINATION
& PERSONALIZED
TREATMENT PLAN**

Details Inside >



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775-254-8647

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NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

INSIDE:

How First Choice Physical Therapy Can Help Your Balance Fitness In The Summer



SCAN ME

Scan To Book Your Appointment Today!



RELIEVE YOUR DIZZINESS AND VERTIGO

With First Choice Physical Therapy

Have you noticed you are not as steady as you used to be? Do you notice that dizziness makes you feel less balanced? No matter your age, you can improve your balance. At First Choice Physical Therapy, we can help you figure out what is causing your vertigo and/or dizziness and, more importantly, how to resolve it!

If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call First Choice Physical Therapy today to schedule an appointment with one of our experienced physical therapists.

What Is Causing Your Dizziness And/Or Vertigo?

Dizziness is a general term used to describe a sense of unsteadiness that may be due to a lack of sleep, poor nutrition, overexertion, or a physical ailment (i.e., a head cold or the flu). Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest.

Some accompanying symptoms to dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision
- Feeling unsteady or faint

Vertigo is the result of an issue in your inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

Some common causes of vertigo include:

- **Benign Paroxysmal Positional Vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in.
- **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes ringing sounds in the inner ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.
- **Vestibular neuritis.** This is an inner-ear infection that can cause vertigo.
- **Migraines.** Migraines can impact your vestibular system, and may be coupled with sensitivities to light or sound, or may also impair your vision.
- **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

Call Today and Schedule Your Next Visit! 775-254-8647

How First Choice Physical Therapy Can Help Your Balance

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter the cause, physical therapy for dizziness and vertigo can help.

At First Choice Physical Therapy, our therapist has some of the most advanced techniques for diagnosing and treating dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

Our physical therapists will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

The primary goal of the assessment is to identify the specific cause of your dizziness and use a combination of manual therapy, balance exercises therapy, posture corrections, and education to help you resolve your condition.

The most common treatments will focus on:

- Reducing vestibular symptoms through specific head and body movements and positions. These movements help restore the calcium deposits to alleviate your dizziness.
- Balance exercises and vestibular rehabilitation. Specific balance



exercises and particular activities focus on decreasing nerve sensitivity and reducing the effects of vertigo.

- Postural education to optimize function.

Our therapists may use videonystagmography to determine whether a vestibular disease is causing your dizziness or vertigo. It is the only test available to decipher whether there is a vestibular loss in one or both ears. This non-invasive test uses infrared goggles to record a patient's eye movements to determine how well the patient can react to visual stimuli responses sent from the vestibular system.

If you believe you may be experiencing vertigo, contact us today. We'll provide relief for all of your symptoms.

Call To Make An Appointment

Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. Contact First Choice Physical Therapy today to get started!

Sources:
<https://www.nidcd.nih.gov/health/balance-disorders>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206229/>
<https://pubmed.ncbi.nlm.nih.gov/31813696/>

FirstChoicePTNV.com

PRACTICE UPDATE: GET YOUR FREE BALANCE TEST NOW!

Balance— the 5th Vital Sign.

Your Balance may predict how long you'll live.

Vital signs (Blood pressure, Breathing, Heart Rate, and Body temperature) are used to measure our health and if out of range, the need for medical attention.

Balance is a major indicator of how well our nervous, muscle, sensory and other vital body systems are working. Unsuccessfully completing this one test was associated with an 84% risk of death from any cause within the next decade.


GET YOUR BALANCE TESTED FOR FREE!

That's right, FREE! Don't live in fear of suffering a fall-related injury. Call us at 775-254-8647 or scan the QR Code at right to have questions answered to see how ProBalance360 and Mechanical Motion Therapy can HELP you!








PROBalance³⁶⁰

The Freedom Lifestyle



DR. SAMUEL MOORE
PT, DPT, Owner



FIRST 10 CALLERS GET A FREE POOL CONSULTATION! CALL 775-254-8647 TODAY!

SUCCESS STORIES



FITNESS IN THE SUMMER

Are you ready to get active this season? Summer is finally here, which means warm weather, enjoying the sunshine, and participating in all your favorite seasonal activities.

If you need some inspiration to get moving this season, check out the list below for ideas on how you can get active!

Take Up Gardening

After spending so much time being cooped up indoors through the long winter months, most homeowners can't help but start planning and preparing for a thriving, clean-cut yard this summer.

Gardening is an excellent and approachable way to get moving this season. Even if you don't have a huge yard, you can participate in this activity through container gardening on a porch, windowsill, or in a sunny spot in your home.

Go For A Swim

Swimming is low-impact, gentle on the joints, and a good cardio workout.

Swimming is a fun and healthy activity, whether you're swimming laps, floating, or tossing an inflated ball with a friend. And nothing feels better than jumping into the pool on a hot day!

Sign up for a class at your local YMCA or fitness club to get started.

Find A Hiking Trail

Hiking is a great warm-weather activity to participate in, especially if you enjoy taking in the sight and sounds nature has to offer. If you live near a hiking trail or a scenic area, definitely take advantage of it when you can, and always remember to wear the right footwear so as to prevent ankle sprains and strains!

Spring Creek Location

Highly recommend this place! The people are absolutely amazing! The atmosphere is very laid back and welcoming. If you ever have to have physical therapy, this is definitely the place to go to! — *Google 5-Star Review*

Carlin Location

My experience with First Choice Physical Therapy in Carlin has been top notch. I went in with leg and back problems. Between my doctors and physical therapy, I can say that these issues have been improved about 90% over this past year. It was awesome to "graduate"! Sam ended my last session with needing to my lower back. I must say that my favorite was the "Back on Track" machine! Hats off to Sam, Hyrum, Thomas, LeAnna & Tori for taking such good care of me. Thank you all!

I definitely recommend utilizing their services!

— *Google 5-Star Review*

Tell Us About Your Recovery Story!

Scan This QR code to leave us a review and help more people to find pain relief in our community!



REDEEM THIS COUPON FOR A

**FREE PHYSICAL THERAPY
CONSULTATION**

For the first 10 people to call!



\$100 VALUE. CALL TODAY!

Contact the office closest to you to schedule!