

DOMINION HEALTH & FITNESS Inc.

Physical Therapy

Physical Therapy is more than a treatment of an injury or illness. It is a process of treating each patient as an individual.

By considering the patient's emotional, as well as physical needs, we can better assist the patient toward full recovery.



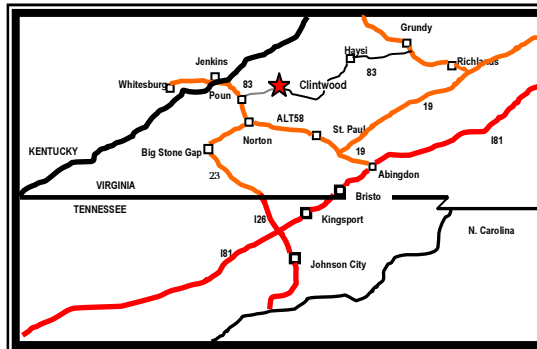
Hours of Operation:
Monday – Thursday 6:30a.m.-9:00p.m.
Fridays 6:30a.m.-8:00p.m.
Saturdays 8:00a.m.-2:00p.m.
We accept all major medical insurance.

In addition to Vertigo treatment, we offer other Physical Therapy Services:

- Orthopedic Rehab
- Sports Rehab
- Work Rehab
- Pain Management
- Muscle Strain/Sprains
- Functional Capacity Evaluation
- Pre-Employment Screenings
- Post CVA/Stroke Program
- Wound Care
- Total Joint Replacement Rehab
- TMJ Treatment
- Diabetic Peripheral Neuropathy Program
- Osteoporosis Program
- Arthritis Rehabilitation
- Fibromyalgia Program
- Ergonomic Assessment
- Spine Care/Back Education
- Headache Treatment
- Post-Cancer Rehabilitation and more...

We also offer many products, supplies and wellness services to better serve your needs.

Dominion Health & Fitness is located in Dickenson County, Clintwood, VA.



DHF

How Can Physical Therapy help my VERTIGO?

Outcome Based Therapy & Wellness Close to Home



Visit us on Facebook

Dominion Health & Fitness, Inc.

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Physical Therapist's Role in Vertigo

What is 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.

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 Room immediately.



What causes vertigo?

Most causes of vertigo involve the inner ear (vestibular system). Each of the following can result in vertigo:

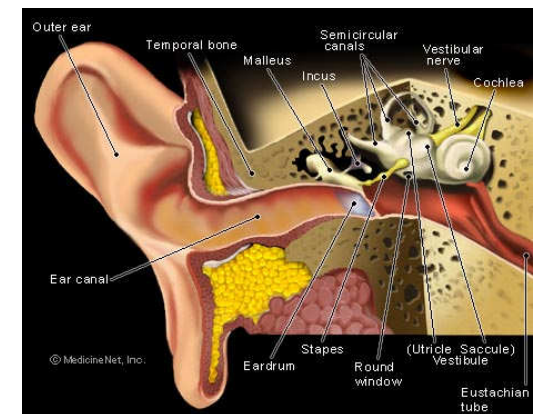
- ◆ Inner ear infections or disorders
- ◆ Migraines
- ◆ Tumors
- ◆ Stroke
- ◆ Head injury
- ◆ A hole in the inner ear

Answers to the following questions can help your physical therapist identify the cause of your vertigo and determine the best course of treatment:

- ◆ When did you first have vertigo (the sensation of spinning)?
- ◆ What were/are you doing when you experience vertigo (turning your head, bending over, standing perfectly still, rolling in bed)?
- ◆ How long does the vertigo last (seconds, minutes, hours, days)?
- ◆ Have you had vertigo before?
- ◆ Do you have hearing loss, ringing, or fullness in your ears?
- ◆ Do you have nausea with the spinning?
- ◆ Have you experienced changes in your heart rate or breathing?

How a Physical Therapist Can Help

Specific treatment will depend on the cause of your vertigo, but 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.



**Visit our website or on
Facebook for more information
on other therapy programs
that Dominion Health &
Fitness offers.
www.dhandf.com**