



Burrard Physiotherapy

You're In The Right Hands

Monday to Friday 7am to 6pm
Saturdays 8:30am to 3:00pm

#702 - 1190 Hornby Street
Tel: 604 684 1640

Winter 2012 Newsletter

Happy New Year. I hope you had some time off over the festive season and managed to have fun, food and some exercise in there. Today I introduce to you the concept of physiotherapy in the treatment of dizziness. Physiotherapy is a very effective method for treating some forms of dizziness.....read on.....

Yours truly,

Kerry Maxwell

TIPS FOR THE SEASON AHEAD

VERTIGO

The term "dizziness" is often used to describe a feeling of "spinning, unsteadiness, lightheadedness, disorientated, floating or foggy headed". Dizziness can be the result of a disturbance in any part of the balance system which is comprised of vision, muscles and joints and the vestibular system (inner ear).

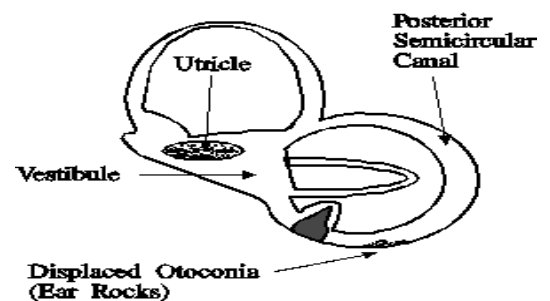
Physiotherapists with special training are able to diagnose and differentiate dizziness. The diagnosis is based on the information that the patient gives regarding the onset and frequency of the symptoms, aggravating movements and the duration of the episodes. The physiotherapy assessment will consist of testing balance reactions, functional testing, gait assessment, cervical spine range of motion and eye reflexes with head turning. Generally, an episode of dizziness lasting for less than one minute is associated with Benign Paroxysmal Positional Vertigo (BPPV). Dizziness lasting several minutes is often associated with vascular causes or cervical joint dysfunction. Dizziness lasting hours with gradual decrease of symptoms might be a labyrinthitis or neuronitis.

Medications may also be the cause of dizziness.

The key to preliminary diagnosis is determining whether the patient's complaints are of vertigo. Vertigo is a sensation of spinning or rotating. Crystals (otoconia) in one inner ear may have become displaced into a semicircular canal from the vestibule causing the vertigo. The Dix-Hallpike test will be performed and if positive, the Epley Maneuver will be applied to re-position the crystals dramatically reducing the vertigo. This is a very successful treatment for this condition. Often, due to faulty sitting positions, the upper cervical spine C1-2 is the problem area and requires treatment to reduce dizziness.

Vestibular rehabilitation is an important part of treatment of vestibular disorders, ie. labyrinthitis or neuronitis. An individualized treatment plan will be determined to focus on vestibular exercises which repeatedly reduce the patient's sensitivity to motion through habituation. Also, exercises to retrain balance, improve muscle strength and joint range of motion and increase endurance may be necessary due to compensations in movement and avoidance of activities. Proper sitting positions will also help to reduce the tension of the spinal muscles, particularly the cervical muscles which can compress the upper cervical nerves leading to dizziness.

Dizziness can be debilitating and reduces one's ability to do their daily activities by avoiding movements that cause the dizziness so it is important to get a proper diagnosis and then to start treatment to regain your quality of life and to be able to resume your daily activities.



CLINIC HAPPENINGS:

What a busy time we have had the last little while. We bid farewell to both **Sarah Ewert** and **Helen Wilson**, both of whom are taking on career moves into the public hospital system. Their positions are being taken over by **Steeve Carignan** and **Kevin Chen**.

Steeve (not a spelling mistake) is originally from Montreal and graduated in 2002 with his physio degree and then returned and completed his Diploma in Osteopathy in 2011. He also has special training in TMJ and vestibular rehab.

Kevin has degrees in both Health Sciences with honors and Physiotherapy. He has completed his level 2 Orthopaedic Certification and is Certified in Acupuncture with the AFCl. In addition we have **Erika Kosarko** available for Massage Therapy and **Gabrielle Eagles** who is a holistic nutritionist available for evening appointments.

All our other therapists are maintaining their current schedules except me. I am cutting down to one day a week for a few months to rehab my back... yes, even physios hurt themselves.

We welcome **Beyond Pilates** into our clinic. They are closing doors on the space they have occupied for the last 5 years at Davie and Burrard and are moving in with us. This includes **Rolfer** (massage), **Steve Radiloff** and renowned international coreographer, dancer and Pilates instructor **Noam Gagnon**.

Steve Radiloff has 34 years experience as a rolfer. He will be working Mondays, Wednesdays and Thursdays. Rolwing is a very specific type of massage and may not be covered by your extended plan, so make sure you check your cover first.

Noam Gagnon has been teaching Pilates in private practice for over 15 years. He brings an extraordinary expertise in this area and will be working full time teaching private and small group classes from the middle of January.

Happy New Year.

Physio Schedule as at January 1st, 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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