



Riverside Healthcare Physical Therapy & Rehabilitation Services

Riverside is the largest therapy provider in the region offering both inpatient and outpatient services. At Riverside rehabilitation services, each patient receives a thorough evaluation by a licensed therapist to see what areas the patient needs improvement in. The therapist then develops a treatment plan with goals to address individual needs. Therapy goals are always with patient input, and are achieved through a variety of activities. Riverside therapists aim to help each patient reach their highest level of function possible.

All patients at our facilities are treated by a licensed therapist or licensed therapist assistant.



Physical Therapy & Rehabilitation Services
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Bradley, IL 60915
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riversidehealthcare.org

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Benign Paroxysmal Positional Vertigo





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Benign paroxysmal positional vertigo (BPPV) is a phenomenon that causes a disturbance to the body’s vestibular system. It occurs as a result of otoconia; when tiny crystals of calcium carbonate, that are a normal part of the inner ear, detach from one part of the ear and collect into another part. When the head is not moving, the out of place crystals have no effect on the body. However, when the head moves, these crystals shift and send false signals to the brain that can lead to a “whirl” of problems.

Causes

BPPV is a common condition that can be caused by

- Sinus and allergy conditions
- Concussions
- Sleeping or sitting with head in gravity effected positions

BPPV can usually be corrected with Physical Therapy.

Signs & Symptoms:

Vertigo:

Severe dizziness characterized by room spinning— when severe it also can cause nausea & loss of balance. Vertigo associated with BPPV is triggered with head movements or changing positions.

Nystagmus:

- Involuntary eye movement
- Dizziness and/or lightheadness
- Acute cases can lead to imbalance, nausea and/or vomiting

If you are experiencing any of these symptoms do not hesitate to contact your physician. Once you receive a referral for Vestibular Physical Therapy, our trained therapists will evaluate and then treat accordingly so that you can get back to your normal way of life.

Vestibular Rehab

Vestibular Physical Therapy consists of various treatments with canalith repositioning being the most common. Canalith repositioning consists of quick head maneuvers that are designed to move displaced crystals back into their correct position. Initially, this treatment may cause vertigo symptoms/dizziness to increase, but once the crystals are back in place, symptoms usually resolve quickly. In severe or chronic cases, treatment may involve vestibular ocular reflex exercises (VOR), which are head and eye coordination exercises designed to decrease dizziness with quick head movements. Balance exercises are sometimes necessary to ensure that the entire system is fully retrained.

Riverside Healthcare Physical Therapy offers Vestibular physical therapy in both Bradley and in Wilmington. Contact us at 815 935.7496 for an appointment.