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TAKE A STAND AGAINST VERTIGO WITH PHYSICAL THERAPY

INSIDE:

- What is Vertigo?
- Healthy Recipe
- Fall Prevention at MMA & Sports Rehab
- And More!





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- What is Vertigo?
- Healthy Recipe

- Fall Prevention at MMA & Sports Rehab
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TAKE A STAND AGAINST VERTIGO WITH PHYSICAL THERAPY

Do you find yourself getting dizzy doing everyday tasks, such as getting out of bed or walking down the driveway to get the mail? Do you find it hard to focus on one thing for long periods of time? Do you feel fatigued, lightheaded, or nauseous at any given time of the day? If so, some of these can be signs of a common head cold – but they can also be signs of vertigo.

A head cold, also referred to as the "common cold" is exactly that - it is one of the most common ailments people experience each year. On average, an adult will typically get 2-3 head colds a year. You know the feeling - stuffy nose, sore throat, dry cough, achiness... the overall feeling of wanting to stay in bed and drink herbal tea all day. Luckily, for head colds, that's actually the

best remedy! Most of these "common colds" will go away on their own (with a little relaxation and maybe a cough drop or two) within a week.

If your symptoms remain mild, it is best to just take time and let yourself heal at home, possibly with the aid of some DayQuil or another nose-throat-and-cough syrup that you can purchase at your local convenience store. However, if your fatigue becomes severe, you begin feeling nauseous, or you start experiencing an overwhelming feeling of dizziness or imbalance, there is a chance you could have vertigo. If so, our physical therapists at MMA & Sports Rehab can help relieve your symptoms.

What is Vertigo?

Before you can determine whether or not you have vertigo, as opposed to a head cold that will go away on its own, it is important to understand what exactly it is. People who experience vertigo typically report an overwhelming sensation of feeling "off balance." It can make someone feel dizzy, which can lead to nausea, tunnel vision, or even fainting spells.

Imagine standing still and feeling as if the rest of the world is spinning around you – remember those fun-houses with the uneven floors you used to go in as a kid? That's essentially what vertigo feels like. But what exactly causes it?

The most common causes of vertigo are:

- BPPV – also known as "benign paroxysmal positional vertigo." While this sounds like a scary, long-winded prognosis, it 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 on a daily basis. When the inner ear canals are blocked, the correct messages are unable to make it to the brain, and we become unbalanced – thus, causing vertigo.
- Meniere's Disease – this is a disorder of the inner ear. It is caused by a buildup of fluid and fluctuating pressures within the ear. It has the

same effect as BPPV, as the fluid and pressure will block messages from the inner ear canal to the brain, resulting in imbalance. Meniere's Disease can cause long episodes of vertigo, in addition to tinnitus, commonly referred to as "a ringing of the ears," and even hearing loss in extreme cases.

- Vestibular neuritis – also known as "labyrinthitis." Again, this sounds much scarier than it is. It is another inner ear infection, which is typically viral. It causes the inner ear and surrounding nerves to become inflamed, resulting, again, in difficulties with balance due to discrepancies regarding gravitational brain messages. This is how vertigo begins.

How we can help:

It can undoubtedly be difficult to determine when to seek treatment for something. It is true that vertigo can sometimes go away on its own, but it can also progress and result in worsening symptoms over time. Why would you want to take the risk? If you believe you may have the symptoms of vertigo or one of its causes, it is important to consult with a doctor immediately.

Physical therapy is a common treatment for vertigo, and our therapists are trained to help alleviate any dizzying, lightheaded, or physically unstable symptoms you may be experiencing.

Pumpkin Soup



Ingredients

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper

Directions

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>

Patient Success Story

"I came to MSR for rehab after an ACL and meniscus reconstruction. Having just moved to the area, I was delayed in starting to run again and wanted guidance from a professional. The staff are extremely understanding and listened to both me and my body as we went on this healing journey. My first day I had a fascia release which eliminated my pain instantaneously - I have never seen anything like it before. I progressed safely, while still being pushed to work to what felt right. We built up strength and then started a running program. After my first week, I ran my first mile in 7 months! MSR is filled with thorough experts."

- Skylar M



CALL TODAY! (703) 884-7084

Fall Prevention at MMA & Sports Rehab

According to the Centers for Disease Control (CDC), over 2.5 million adults were treated for nonfatal injuries in emergency departments in 2013. In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about keeping their balance in shape until it is too late and they suffer a harsh fall. The good news is that most falls can easily be prevented, simply by the regular exercising of your balance system.

It is important to note that you should contact us if you have any of the following symptoms:

- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Inability to focus or remain alert
- Double vision or tunnel vision
- Nausea or vomiting
- Arm or leg weakness
- Abnormal eye movements
- Difficulty standing up from a seated position or standing for prolonged periods of time

What are some common forms of treatment we offer?

- Pain management. If you are feeling painful anywhere, it will be one of the first things addressed in your treatment plan. Your physical therapist will want to make sure that your treatment is as comfortable

as possible, so you will work together on relieving pain first, before continuing into any other forms of physical activity that may bring you discomfort.

- Walking and moving programs. This part of your treatment plan is aimed at getting you back to your normal physical function when walking and/or moving. Your physical therapist may ask you to perform certain activities, such as walking in a circle or completing an obstacle course.
- Balance training. Balance is a large part of fall prevention, as lack of stability is one of the main reasons why falls occur. Our physical therapists will design a balance training plan for you as part of your treatment and may ask you to perform certain balance-based activities, such as standing on one leg or holding your balance while performing a mentally-stimulating task (such as reciting the alphabet or reading a page from a book.)
- Strength training. Strength training is typically paired with your balance training. Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement. The goal of this will be to improve your standing and walking balance, as well as your ability to recover from a loss of balance.

Clinic News

Staff Spotlight Dr. Danielle Voila



Dr. Danielle graduated from Marymount University in May 2019 with a Bachelor's in Health Science and in August of 2021 with her Doctorate in Physical Therapy.

Dr. Danielle is a retired National level Figure Skater that has trained all over the US for over 20 years. She has a passion for working with anyone that wants to get back to an active lifestyle and performing art athletes. Outside of work, she enjoys coaching figure skaters and teaching Pilates.

