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# FEELING MORE DIZZY THESE DAYS?

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**C**OVID-19 has caused all of us to feel somewhat "dazed and confused" as our normal routines have been turned upside down. The stay-at-home orders and dramatic decrease in activity levels for some may also be causing a different type of equilibrium problem - Vertigo! The more sedentary we are and the less stimulation our vestibular system has (the internal "gyroscope" in our inner ear), the more often we can experience balance problems, dizziness, and even an increase in potential falls. Your physical therapist or primary care provider can help you determine where these symptoms are coming from.

Dizziness can also stem from fluctuating blood pressure, an infection of the ear, negative reactions to certain medications, or from Meniere's disease.\* However, for many motion sensitivity, dizziness, and vertigo are related to their vestibular system and classically occurs during changes of position -- your entire body or just your head and neck. You may also have heard of BPPV\*\* which is a more incapacitating attack of vertigo that can cause sudden and severe "spinning", loss of balance, falls, and even nausea due to extreme dizziness. Patients who have vestibular problems will often say, "I feel like I'm spinning, when I roll over in bed or when I go to stand up" or, "It seems like things are spinning around when I look up to the top shelf in my closet or do a head check in my car." You might exhibit symptoms such as drifting to the side when you're walking if you don't stare

intently at the ground for stability. You might even lose your balance in the shower when you close your eyes, wash your hair, and look up to rinse out the shampoo.

Patients who suffer from pain are especially susceptible to these

problems since their movement has become limited and their vestibular systems have been neglected. If your back hurts you tend to move slowly or stop moving at all. If your neck hurts you probably don't rotate side to side or look up towards the ceiling very often. These types of decreases in motion are a big culprit for people who suffer from motion sensitivity, dizziness, or more severe vertigo. If you're experiencing any of these symptoms, your vestibular system may need a tune up! There are simple exercises you can incorporate into your daily routine that can help, and if you are experiencing more severe vertigo your physical therapist can perform maneuvers on your inner ear that can stop it in its tracks. *Watch this short video*

*I've created to begin today at:*

<https://vimeo.com/415716318>

*\*Meniere's Disease is a condition when tissues in our inner ears become swollen with too much fluid and can cause vertigo. It is often accompanied with hearing loss in one ear as well as "ringing in the ears".*

*\*\*BPPV: Benign Paroxysmal Positional Vertigo*

