

# News From



## FOR IMMEDIATE RELEASE

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### **Eliminate Dizziness with Circleville Physical Therapy**

CIRCLEVILLE, OHIO — Are you tired of feeling dizzy or nauseous every time you move? Does the room spin when you get up? Maybe you just occasionally feel unsteady or dizzy. These symptoms may result from a problem with the part of the brain that controls motion or balance. People who suffer from these symptoms may be dealing with them by changing their daily activities to avoid movements that aggravate the symptoms. Unfortunately, rather than help, this may be making the condition worse and affect the ability to adjust to or decrease the problem.

Circleville Physical Therapy offers treatments to help with poor balance, dizziness or unsteadiness. The problem typically results from a weakness of the vestibular system and therapy is available to help improve the symptoms. Oculomotor and tracking exercises retrain how the body responds to vestibular input. Strengthening exercises can improve leg strength. Balance exercises will improve proprioception. Positioning exercises can minimize or eliminate dizziness. All of these things work together to improve balance and eliminate dizziness. They also work to strengthen all areas of the vestibular system and to compensate for any areas that are weak or that have deficits. "Many people don't know that physical therapy can help dizziness. Personal Therapy has proven to be quite effective," states Mary Jo Foglesong, physical therapist. "Sometimes the results are immediate. Sometimes it may take longer, but most patients still feel relief."

Our trained therapy professionals evaluate each patient's specific symptoms to determine specific impairments and functional limitations. An individualized plan of care is recommended that includes specific exercises and therapy activities that are completed in the clinic and at home. The individualized therapeutic plan of care is designed to help each patient compensate for the vestibular problem, minimize symptoms and make patients feel more safe and steady at home, at work and in their daily lives.

The staff of Circleville Physical Therapy wishes all of its patients and the entire community a joyous Easter season. We encourage you to take advantage of the many services offered by Circleville Physical Therapy for post-surgery rehabilitation, as well as sports or work-related injuries. For more information, or to schedule a consultation, call 740.474.9318 or, to learn more, visit [www.circlevillephysicaltherapy.com](http://www.circlevillephysicaltherapy.com).

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Photo caption: Working hard to get back on steady ground

Questions about this release should be directed to Ann Freeman at 740.474.9318.