

## Vestibular Balance Disorders

### What is a Balance Disorder?

A **Balance Disorder** is a type of condition in which you may feel dizzy, unsteady, a constant movement, spinning or floating feeling even though you are not moving. Balance disorders are typically caused from problems within the inner ear, i.e. the Vestibular System, and/or health conditions or medications. Vestibular Balance Disorders is a grouping of conditions which cause dysfunction in one of our 12 cranial nerves.

### ANATOMY OF THE VESTIBULAR SYSTEM

Our Vestibular system or inner ear is used in conjunction with other sensory mechanism such as eyes, joints and bones to communicate where our body is in space. The Inner Ear communicates with cranial nerve VIII, Vestibulocochlear nerve to 1) transmit sound vibrations to the brain & 2) provide information on where the head is relative to gravity. This system as a whole specifically controls our sense of balance, posture and the body's orientation/focus during movement. An important part of the vestibular system is an organ within our inner ear called the Labyrinth. The Labyrinth is made up of 3 semicircular ducts, as displayed in the image below. These ducts are filled with fluid and are specifically responsible for the interaction between the vestibular, visual and skeletal systems. Movement of fluid sensed by hair cells in the semicircular canals sends signals to the brain about direction and speed of rotation of the head. It is the disruption of this fluid movement within the canals that is the primary cause of Balance Disorders.

### WHO IS AT RISK??

- Most common in the elderly
- 30% of people >65 years old
- 50% of people >70 years old
- \*\*1/2 of senior accidental deaths result of balance-related falls

### **SYMPTOMS OF BALANCE DISORDERS**

- \*VERTIGO- dizziness or feeling of the body swaying or spinning while it is actually stationary.
- \*NAUSEA or VOMITING (during an episode)
- \*Falling or feeling of falling
- \*Tinnitus (ringing in the ear)
- \*Disorientation
- \*Visual blurring
- \*Nystagmus (oscillation of eyes)
- \*\*Symptoms may appear/disappear over short time periods or may last for longer periods of time

### MOST COMMON CAUSES OF VESTIBULAR PROBLEMS

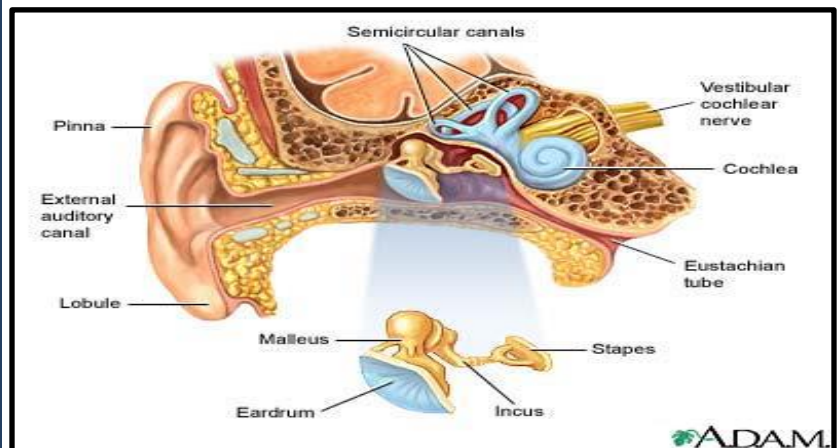
**Benign Paroxysmal Positional Vertigo**- Ear Stones in canals

**Labyrinthitis**- Inflammation within the inner ear from a virus

**Menieres Disease**- episodes of vertigo, tinnitus & hearing loss

**Head Injury**- blow to head i.e. whiplash

**Other:** stroke, tumors, migraines, allergies, drugs, psychological disorders, medications etc.



## TREATMENT VESTIBULAR BALANCE DISORDERS

Depends on the cause of the vestibular balance disorder  
*For Example:*  
 Benign paroxysmal positional vertigo- treated with head maneuvers to re-align crystals within inner ear  
 Labyrinthitis- combination treatment with possible drugs to control nausea/vomiting as well as exercises to help nervous system better adapt to sensation changes

### MASSAGE THERAPY CAN HELP!

Massage Therapy is appropriate if client's symptoms are not aggravated by getting on, off or turning over on table  
 Massage Therapy will help by

- Performing maneuvers for benign paroxysmal positional vertigo to realign proper order and movement within the inner ear
- Develop exercise programs that will help realign inner ear crystal and/or train nervous system
- Treatment of some muscles in the neck can offer relief because they sometimes mimic similar symptoms within the ear & head

## CLINIC NEWS

### Swing for Hope Charity Golf Tournament



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*For more information on treatment or exercises for VESTIBULAR BALANCE DISORDERS please contact us at*

**Body Movement Therapeutics  
 (519)853-1200.**

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### \*SUMMER SCHEDULE\*

STARTS WEEK OF JULY 2 <sup>ND</sup> 2013	TIME	LEVEL	COST (8WEEKS)
TUESDAY	6:30-7:30PM	LEVEL 2	\$150
TUESDAY	7:30-8:30PM	LEVEL 1	\$150
THURSDAY	6:30-7:30PM	LEVEL 1&2	\$150
<b>"DOUBLE UP" DISCOUNT</b>			<b>DOUBLE UP &amp; SAVE!</b>
TUESDAY	6:30-7:30PM	LEVEL 2	\$290
THURSDAY	6:30-7:30PM	LEVEL 1&2	\$290
TUESDAY	7:30-8:30PM	LEVEL 1	\$290
THURSDAY	6:30-7:30PM	LEVEL 1&2	\$290

**\*\*NOTE COST + 13%HST**

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