



Newsletter

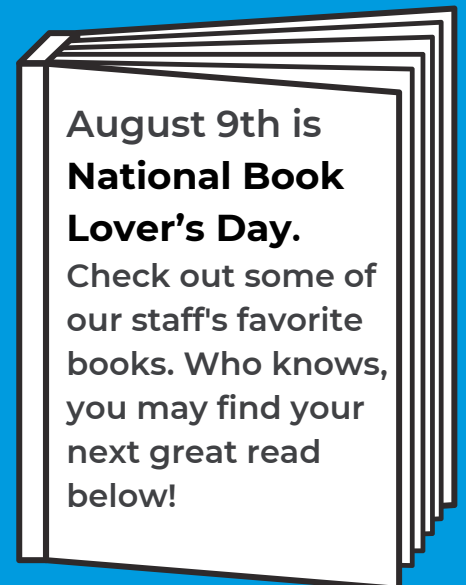
August 2020

Meet the Newest Member of our Team, Jake!

"I grew up in Northampton, PA, playing sports and enjoying the outdoors. I graduated from Penn State in 2015 with a degree in kinesiology, and then moved to Baton Rouge, LA to work as a physical therapy technician while my wife completed her master's degree. We returned to Pennsylvania, where I attended physical therapy school at Slippery Rock University, graduating in the spring of 2020."



Staff's Favorite Books:



August 9th is
**National Book
Lover's Day.**

Check out some of
our staff's favorite
books. Who knows,
you may find your
next great read
below!

Donna - Where the Crawdads Sing-
Delia Owens

Rebecca - Breath- James Nestor

Ryan - The Call of the Wild- Jack London

Justin - Gates of Fire- Steven Pressfield

Pam - Born to Run- Christopher McDougall

Stephanie - A Gentleman in Moscow -
Amor Towles

Kathy - The Devil in the White City: Murder,
Magic, and Madness at the Fair that
Changed America - Erik Larson

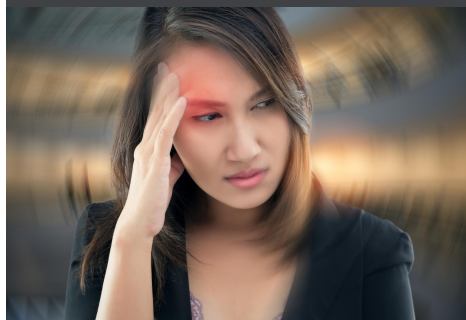
Vertigo

What is Vertigo?

Vertigo or BPPV (Benign Positional Paroxysmal Vertigo) is the feeling of the room spinning or things spinning around you when you change positions with your head like getting up and down from bed, rolling in bed, bending forward, or looking upward. The spinning should last less than 1 minute in duration and should stop once you maintain the new position. The symptoms can be frequent but should never be constant if they are BPPV. If your symptoms are constant spinning, feeling like you might pass out, or anything else that feels like dizziness then there might be other causes for your symptoms.

What Causes Vertigo?

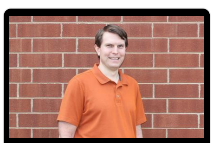
BPPV is caused by crystals or rocks in the balance (vestibular) portion of your inner ear that fall into your semi-circular canals. When the rock is inside those canals it triggers your brain to think that you are speeding up and therefore it seems as though you are spinning when the rock sloshes around inside that canal or tube. Again, this would only occur when your head moves, or changes position up and down.



What is the Treatment for Vertigo?

The diagnosis is first confirmed that you have BPPV by being put in a position that causes the spinning to occur and matching that to seeing a jumping in the eyes called a nystagmus. Once confirmed, the patient is moved into a series of positions to remove the crystals or rocks from being stuck in the tube, sort of like the children's game where you move a marble through a maze by tilting the maze around. The treatment sometimes needs repeated a couple of times to clear all the rocks out of the tube in later PT sessions, but symptoms will stop once all of the rocks are all returned to where they are supposed to settle. Re-occurrence may happen in the future but does not always.

Refer to [AtlasTherapy.com/articles](https://atlastherapy.com/articles) for an article by Ryan Cavanaugh, DPT, that provides tips on fall prevention and more on the topic of Vertigo!



TRIVIA QUESTION:

How many bones are there in the adult human body?

- a) 206 b) 205 c) 173 d) 209

*Stay tuned next month to find out the answer!

