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**Georgian Bay
Location**



**Stayner
Location**



**Wasaga
Location**

HOW PHYSIOTHERAPY CAN HELP YOUR VERTIGO

Georgian Bay Location

1 First Street Unit 102 M 8:00a - 8:00p
Collingwood ON T 8:00a - 8:00p
L9Y 1A1 W 8:00a - 8:00p
Th 8:00a - 8:00p
Phone: 705-446-2551 F 8:00a - 4:00p
Fax: 705-446-1897

Stayner Location

7460 County Road 91 M 8:00a - 8:00p
Unit 3 T 8:00a - 5:00p
Stayner, ON L0M 1S0 W 8:00p - 7:00p
Th 8:00a - 8:00p
Phone: 705-446-2551 F 8:00a - 1:30p
Fax: 705-517-0076

Wasaga Location

102 - 14 Ramblewood M 7:30a - 3:00p
Drive, Wasaga Beach, T 8:00a - 8:00p
ON L9Z 0C4 W 7:30a - 7:00p
Th 8:00a - 3:00p
Phone: 705-446-2551 F 10:00a - 4:00p
Fax: 705-446-1897

Hours subject to change due to COVID-19. Please call in advance.

INSIDE: Therapeutic Methods for Vertigo
Learn to Run Pain Free Program



How Physiotherapy Can Help Your Vertigo

Do you find yourself getting dizzy doing everyday tasks? Do you find it hard to focus on one thing for long periods? Do you feel tired, lightheaded, or nauseous at any time of the day? If so, some of these can be signs of vertigo. At Peak To Shore Physiotherapy, our physiotherapists can evaluate your condition and help you find relief, sometimes in a matter of minutes!

People who experience vertigo typically report an overwhelming sensation of feeling off balance. It can make someone feel dizzy, like you're moving or spinning, resulting in a loss of balance. Some people experience problems focusing their eyes or have ringing in their ears. If severe, the condition can cause sweating and even nausea or vomiting.

Our physiotherapists at Peak To Shore Physiotherapy can help relieve your symptoms. Call today to schedule an appointment with one of our specialists!

The Most Common Causes of Vertigo

Three common causes of vertigo symptoms are Benign Paroxysmal Positional Vertigo (BPPV) and Meniere's Disease, and vestibular neuritis.

BPPV 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 daily. When the inner ear canals are blocked, the correct messages cannot make it to the brain, and we become unbalanced – thus, causing vertigo.

Meniere's Disease is a disorder of the inner ear caused by a buildup of fluid and fluctuating pressures within the ear. It has a similar effect as BPPV, as the fluid and pressure block



messages from the inner ear canal to the brain, resulting in imbalance. Meniere's Disease can cause tinnitus, commonly referred to as "a ringing of the ears," and may even cause hearing loss in extreme cases.

Vestibular neuritis is also known as labyrinthitis. This is another type of inner ear infection, but it's caused by a virus. The virus causes the inner ear and surrounding nerves to swell, resulting in difficulties with your balance due to discrepancies in the messages sent to the brain.

Although the most common causes of vertigo are due to issues with the inner ear, some less common causes of vertigo include:

- Injury to the head or neck
- Migraines
- Medications
- Stroke
- Brain tumor

Vertigo can sometimes go away on its own, however, it can also progress and worsen over time. If you believe you may have the symptoms of vertigo or one of its causes, it is essential to consult with one of our physiotherapists immediately.



Schedule Your Next Appointment Today!

Scan the QR Code to visit our website at peaktoshorephysiotherapy.com

Let's Get Social!



We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more!
Don't miss out - follow us today!

@PeaktoShore

Our Patients Get Great Results!

"I have been treated by Peak to Shore for 2 different concerns over the past couple years and both times I was very happy with the care that I received. My therapist was able to quickly and accurately diagnose, and I got relief faster than expected. They were clearly very up to date and were able to effortlessly explain everything in layman's terms so that I felt informed through the process. Any exercises/stretchers I was given were easy to review on their website. Peak to Shore is easy to work with and it's always a positive experience."

- Google 5-Star Review



Exercise Essential



SINGLE LEG BALANCE

Start by standing up straight with your feet close together. Slowly raise one foot off the ground slightly. Make sure to brace your abdominals. Hold for 30 seconds and repeat twice on both legs.

Did You Know?

We Also Specialize In:

- Physiotherapy
- Therapeutic Exercise
- Acupuncture
- Taping & Bracing
- Manual Therapy
- Sports Medicine
- Chiropractic Care
- Athletic Therapy
- Massage Therapy
- Strengthening & Conditioning
- Concussion Therapy

Therapeutic Methods for Vertigo

Vestibular rehabilitation focuses on the vestibular system, located within the inner ear. The goal of this kind of therapy is to rebalance your vestibular system.

The vestibular system sends the gravitational messages to your brain about your body movements, and focusing on balance-specific exercises can help reset this system, thus diminishing the effects of vertigo.

Epley repositioning maneuvers focus on treatment-specific head and body movements for BPPV patients. These exercises help move the calcium deposits out of the inner ear canal to alleviate blockage and allow gravitational messages to be more easily received by the brain. As the backup shrinks, the symptoms of vertigo will lessen.

Call To Make An Appointment

Physiotherapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. We'll provide relief for all of your dizzying symptoms! Contact today to get started!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC954334/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC806799/>
<https://www.ncbi.nlm.nih.gov/books/NBK482356/>
<https://www.nidcd.nih.gov/health/balance-disorders>
<https://www.choocept.com/guide/physical-therapy-guide-vertigo>

Schedule Your Next Appointment Today!

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Call Us Today to Get Started!

At the end of the day, Peak To Shore Physiotherapy is here to provide support to you, every step along the way. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal.

If you are in the Ontario area, or any of the surrounding areas, and you are looking for relief, look no further. Peak To Shore Physiotherapy is here to help as one of the most favored Ontario physiotherapy practices.

Give us a call or visit us online at peaktoshorephysiotherapy.com to schedule an appointment with one of our physiotherapists today!

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Learn to Run Pain Free Program



Are you new to running and don't know how to get started? Are you wanting to run more but injuries are holding you back? Are you nervous to start running again due to previous injuries? If any of these scenarios describes your current situation you may be a great fit for our Learn to Run Pain Free Program. The Learn to Run Pain Free Program is designed for beginner runners as well as runners who are battling injury or have a history of injuries.

This clinic will entail a short information session at the beginning of each session followed by a warmup, exercises and finally a run, all of which will be tailored to each participants individual needs. Some of the topics covered will include, goal setting, biomechanical analysis, individual training techniques, injury prevention strategies, nutritional advice for runners and more.

This program will be run by Konar Smith, who is a Certified Athletic Therapist and Registered Kinesiologist with a special interest in endurance based activities. Konar started running at a very young age then took a break from it to focus his training on Baseball while in university. After

baseball was completed, Konar took up running again and for the first time started struggling with running injuries. It was at this time that he decided to start learning more about running. He started taking a variety of courses, reading books, reviewing the literature all while practicing these techniques himself. Konar has learned a lot from both his profession and personal experience and is now wanting to share that knowledge to help people either start running or continue to run pain free.

The program itself will be an 8 weeklong clinic starting April 20th and running till June 15th. Each session will be held on Thursdays at 6:00 pm starting at Peak to Shore Physiotherapy and Sports Medicine. The Cost of the program will be \$140 for the full 8 weeks.

If you are interested in this program, please either email us at info@peaktoshorephysiotherapy.com or call (705) 446-2551, ext 1 and we would be more than happy to get you started.

Did You Know?

We Can Also Treat:

- Arthritis
- Hip Injuries
- Knee/Ankle Injuries
- Muscle/Tendon Injuries
- Shoulder/Elbow Injuries
- Sports Injuries
- Sprains
- Vertigo
- And more!

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