

INSIDE:

- Understanding Dizziness & Vertigo
- Patient Spotlights
- FREE Discovery Call
- Featured Service: Vestibular Rehab
- Exercise Essentials
- Physiotherapist Spotlights

CITYPLACE

383 Front Street West
Toronto, Ontario M5V 3S8

Phone: 647-350-5800

Fax: 647-350-5900

MON – FRI | 7am – 8pm

SAT | 9am – 5pm

DOWNTOWN CORE

123 Edward Street, Suite 100
Toronto, Ontario M5G 1E2

Phone: 416-979-3022

Fax: 416-979-3023

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TUES & THURS | 7am – 7pm

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CORKTOWN

514 King Street East
Toronto, Ontario M5A 1M1

Phone: 416-703-5885

Fax: 416-703-5886

MON, WED, THURS | 12pm – 8pm

TUES & FRI | 8am – 8pm

SAT | 9am – 5pm



FIND Balance ONCE AGAIN

BY RELIEVING YOUR DIZZINESS AND VERTIGO

We Are Open & Booking Clients

Our team has been working diligently to create the safest experience for you and our staff. We are following new policies, PPE, and procedures to keep you healthy. Book the appointment you've been missing, whether in-clinic or virtually, today!

UNDERSTANDING DIZZINESS & VERTIGO

Balance is a big deal in our everyday world, but we take it for granted. Just think how long it took you to master walking, running, and jumping as a child. Your balance system is incredibly complex, and allows you to walk around over steps, and obstacles without thinking. However, when balance is affected, it can be difficult to perform daily tasks and activities you enjoy.

According to the Centers for Disease Control and Prevention, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury."

Dizziness and vertigo are common reasons why someone may experience issues with balance or sustain an unexpected fall. We've all had the sensation of being dizzy - as if you can't focus, can't see straight, can't stand upright without swaying or falling. You may even experience "tunnel vision," where your peripheral vision goes dark for a few seconds.

Dizziness is common and can have many causes. Vertigo, however, is a little different. While dizziness is typically synonymous with "lightheadedness," which creates the illusion of being unsteady, vertigo is typically a response to a physiological factor that is causing a quite literal

imbalance in your body. Those experiencing vertigo have reported feeling as if they are "rocking" or "spinning," even when they are sitting still.

Physiotherapy for dizziness and vertigo is a common and effective course of treatment. For inquiries regarding vertigo testing, don't hesitate to contact Foundation Physiotherapy & Wellness. If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call our office today to schedule an appointment with one of our experienced physiotherapists.

Why is my balance compromised by dizziness and/or vertigo?

Just a few of the many factors that can lead to dizziness include lack of sleep, poor nutrition, overexertion, or a physical ailment, such as a head cold or the flu. Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest. Some accompanying symptoms to dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision (i.e. tunnel vision)
- Feeling woozy or faint

The causes of vertigo aren't nearly as vast. In fact, vertigo is most commonly caused by an imbalance in the inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When this is impaired, the necessary messages become blocked from your brain, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods, or you can't stand/move properly without feeling like you'll topple over. Some common causes of vertigo include:

- **Benign paroxysmal positional vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in. This can cause sudden spinning sensations (vertigo) and inner-ear discomfort.
- **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes "ringing" sounds in the inner-ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing loss.

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PATIENT SPOTLIGHTS



Not sure where I'd be without Raj's treatments."

"I have been seeing Raj at Foundation regularly since the summer of 2020 to treat chronic vertigo. Raj helped me finally get rid of a 12-week episode of chronic vertigo. He figured out why it started, treated it, told me what I need to get rid of it and prevent it. His regular treatments are essential in my life. Great guy and genuinely cares about my health. This is the second chronic vertigo he has treated me for and he always knows what to do. Not sure where I'd be without his treatments. Highly recommend!"
– Megan K.



I had never been to a physio appointment before I went to Foundation Physiotherapy and I don't think I'd go anywhere else now."

"I had never been to a physio appointment before I to Foundation Physiotherapy and I don't think I'd go anywhere else now. I was scared and nervous about my first appointment but Nicole was kind and knowledgeable and was able to find exercises I could do at home without having to setting aside a lot of time each day or feeling overly silly." – Veronica J.

(Continued from
Previous Page)



- **Vestibular neuritis.** This is an inner ear infection that can cause vertigo.
- **Migraines.** Migraines can impact your vestibular system, thus causing episodes of vertigo which may be coupled with sensitivities to light or sound. Vision may also be impaired.
- **Neck pain.** Neck pain affects the way you move your head, as such altering your vestibular system's ability to respond to the positioning of your head.
- **Concussion and/or whiplash.** Mild impact to the head and brain can also create symptoms of dizziness and lightheadedness.

How will physiotherapy help?

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter what the cause may be, physiotherapy for dizziness and vertigo can help. Foundation Physiotherapy & Wellness has some of the most advanced techniques for diagnosing and treating both dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

Vestibular rehabilitation includes treatments such as the Epley maneuver, which allows for canalith repositioning to move the broken calcium crystals in patients experiencing BPPV, as well as Cawthorne head exercises, which focus on decreasing nerve sensitivity and improving vertigo.

Videonystagmography is a highly specialized diagnostic tool for testing

inner ear functions. This test determines whether your dizziness or vertigo is being caused by a vestibular disease, and it is the only test available that can decipher whether there is a vestibular loss in one or both ears. It is a non-invasive test that uses infrared goggles to record a patient's eye movements, thus determining how well the patient is able to react to visual stimuli responses that are being sent from the vestibular system.

Physiotherapy is very important to strengthening joints and learning the right exercises to relieve dizziness and vertigo, in order to improve balance. A professional can help you develop a program that plays into your strengths while increasing your ability to balance and reduce bouts of unsteadiness.

Contact Foundation Physiotherapy & Wellness today to get started!

Book Your In-Clinic or Virtual Appointment!

Return to Foundation Physiotherapy & Wellness and start seeing results. You can call one of our Cityplace (647-350-5800), Downtown Core (416-979-3022), or Corktown (416-703-5885) locations or visit our booking calendar at foundationphysio.com/book



FREE 15 MINUTE DISCOVERY CALL

If you'd like to hear how vestibular rehab can help you, speak with one of our vestibular physiotherapists virtually.

Available at Downtown Core
and CityPlace.



VESTIBULAR REHAB

FEATURED SERVICE

Do you or someone you know experience feelings of dizziness, vertigo or lightheadedness?

At Foundation Physiotherapy & Wellness, we provide vestibular therapy in person and virtually/ Balance disorders refer to a broad range of conditions, but they are all connected

by the effect they have on the vestibular system, also known as the inner ear.

Vestibular therapy is conducted through a process of "adaptation and compensation." This means that the vestibular system is actually being "reprogrammed" through both passive and active therapies to form connections with the brain on adjusting imbalances and regaining stability.

To learn more, call us today or visit our website at <https://foundationphysio.com/physiotherapy-treatments/vestibular-rehab>

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EXERCISE ESSENTIALS

Use This Exercise to Ease Pain & Improve Posture

CHIN TUCK & TURN

Begin by standing with good posture. Tuck your chin gently (nod yes) and slowly rotate your neck to look over your right shoulder. Hold for 5-10 seconds, and then gently return to starting position. Repeat on opposite side. Complete 5-10 repetitions on each side.



Always consult your physiotherapist before starting exercises you are unsure of.

 **foundation**
PHYSIOTHERAPY
& WELLNESS

PHYSIOTHERAPIST SPOTLIGHTS



RAJ SUPPIAH, PT

BHSc Hons, MScPT, Cert. MDT, Cert. Sport PT | Co-Founder, Registered Physiotherapist (Partner), Certified Sport Physiotherapist and Vestibular Physiotherapist at CityPlace

Raj helped to co-found this practice along with Matthew Liang in 2011 on the passion of delivering high-quality health care in a progressive, non-traditional setting. We have seen this company grow beyond what we ever envisioned!

Despite running the business, Raj's heart still lies in helping clients and practitioners reach their outcomes. Clinically, he has a special interest in treating spine and sport conditions.

As a certified sport physiotherapist, Raj has extensive experience working with elite-level athletes. He has managed health care teams and treated athletes at a variety of international and national level sporting events. He also has post-graduate certifications in the McKenzie method, vestibular rehabilitation (treatment of vertigo and dizziness), concussion rehabilitation and advanced manual therapy. He uses a unique blend of communication, manual therapy, movement patterning and functional retraining to attain outcomes.

Raj is a family man at his core, and improving himself as a person and as a father is integral. Another passion is giving back to his community – whether it be through volunteer work, mentoring future physiotherapists or constantly working on improving the business. He loves learning about people, places and cultures, and is a fan of the Toronto Raptors, 90's hip hop and entrepreneurship. Despite his self-described aging knees, exercise and sports are still a part of his life (although more of it is now watching sports instead of playing!). Raj can small talk about ANYTHING, so challenge him!



NICOLE CONZELMANN,

PT, MScPT

Registered Physiotherapist,
Running Consultant and Vestibular
Physiotherapist at Downtown Core

Nicole holds a Bachelor of Science in Kinesiology from Western University, and a Master of Science in Physiotherapy from U of T. She had multiple volunteering experiences along the way in total knee replacement rehab, spinal cord injury rehab, and sports clinic settings, that confirmed that physiotherapy was the right job for me. In the time since, she has completed multiple post-graduate courses in Manual Therapy, the Bobath Concept of the Study of Human Movement, Assessing and Treating Runners, and Vestibular Rehab.

Nicole's typical treatment approach involves a combination of hands-on manual therapy, exercise prescription, and education. She also often utilizes taping and cupping as supplementary methods of treatment. For runners, she performs a treadmill analysis, and for vestibular clients (anyone who experiences dizziness, decreased balance, or has had a concussion), she also includes visual integration exercises and balance training.

Outside of work, Nicole loves running, playing sports such as basketball, beach volleyball, tennis, and spike ball, going for hikes, and yoga.