

# MEET OUR CONCUSSION AND VESTIBULAR TEAM!

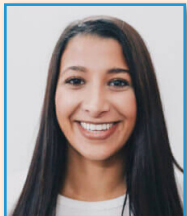


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## AT-HOME EXERCISE CHIN TUCKS

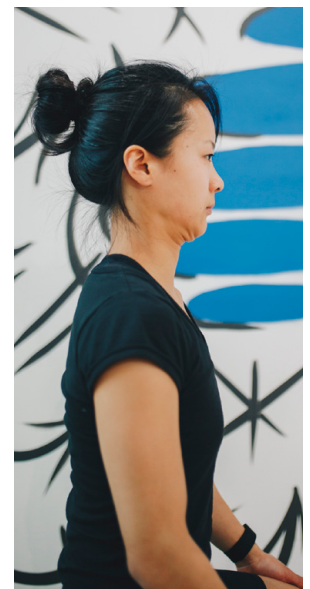
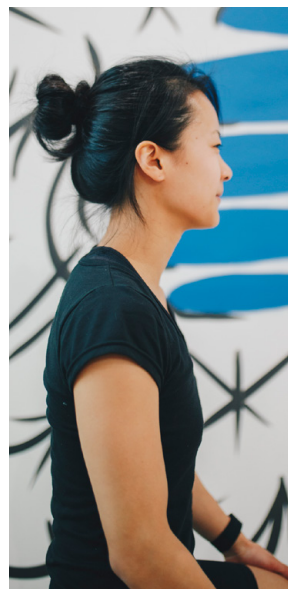
*This exercise strengthens neck muscles involved in posture.*

Chin tucks can be done while either sitting, standing, or even lying down. If standing, place feet shoulder width apart with spine in neutral position. If sitting, place feet shoulder width apart and ensure your lower back is supported so your spine is in neutral position.

From neutral position, relax your shoulders and gently pull your chin straight backwards to make a double chin. Make sure you look straight ahead - don't bend your neck forward, or tilt your head up or down. Hold this position for about 5 seconds then return to neutral, ensuring you don't arch your back or hunch your shoulders. This is one repetition. Complete 15 repetitions.

**Scan the QR code to watch the instructional video for and learn about the other ways to progress chin tucks!**

*Scan to watch!*



[www.FoundationPhysio.com](http://www.FoundationPhysio.com)

## INSIDE:

- Patient Success Story
- At-Home Exercise
- Meet Our Concussion and Vestibular Team

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***IS YOUR HEAD SPINNING?***  
*How Physiotherapy Can Help Your Vertigo*



# IS YOUR HEAD SPINNING?

## How Physiotherapy Can Help Your Vertigo



Have you ever had a sudden sense that you're spinning in place — even though you're standing perfectly still? If so, then you've experienced vertigo, an unnerving sensation that often indicates an underlying issue with your vestibular system.

A single incident of vertigo probably isn't anything to worry about, as the sensation isn't typically harmful in and of itself. However, multiple vertigo attacks could indicate an underlying issue with your vestibular system, which helps manage your balance and spatial awareness. Frequent vertigo can also increase fall risk, leading to potential injury or hospitalization.

Our integrated team at Foundation Physiotherapy & Wellness works together to get to the root cause of your vertigo and recommend a full-body treatment approach to help you find the relief you need to live a full, healthy life.

Don't let vertigo sweep you off your feet. Call us today to schedule an initial consultation!

### Understanding Vertigo: What It Is, What It Feels Like, and What Causes It

Many people use the terms "vertigo" and "dizziness" interchangeably, but vertigo is a specific type of dizziness. Dizziness can refer to a range of sensations: wooziness, lightheadedness, etc. Vertigo refers to a particular sensation in which you feel like you or the space you're in is spinning.

Vertigo is closely associated with your vestibular system, which is located in your inner ear (the peripheral vestibular system) and in your cerebellum (the central vestibular system). Most people with vertigo have an impairment in the peripheral vestibular system: the structures and canals of the inner ear.

What sort of impairments? Here are a few of the most common:

- **Benign Positional Paroxysmal Vertigo (BPPV)** The most common source of vertigo occurs when tiny crystals build up in the inner ear canal.
- **Meniere's Disease** This results from fluid buildup in your inner ear. In addition to vertigo, you might experience hearing loss or muffled hearing, tinnitus, and a sense of fullness in the ear.

- **Labyrinthitis** This is an inner ear inflammation resulting from an infection.

It's important to remember that vertigo isn't really a condition in and of itself — it's a symptom. If you can't find an obvious inner ear issue that could be causing your vertigo, you may have **central vertigo**, vertigo that's rooted in your cerebellum.

The following can cause central vertigo:

- Stroke
- Vascular disease
- Migraines
- Traumatic brain injury

Our physiotherapists will work with you and other providers, if needed, to determine the exact root of your vertigo attacks.

### Physiotherapy's Role in Treating Vertigo

Many people are surprised that physiotherapy is a standard treatment for vertigo, but it's true, especially if you have peripheral vertigo. Our team of therapists works together to blend several different treatments for a comprehensive, full-body approach to help manage your vertigo attacks while working to improve your overall balance and stability.

**Vestibular Rehabilitation** A specialized form of physiotherapy that consists of exercises specifically designed to address issues with the vestibular system, including relaxation techniques, gaze stabilization exercises, and more.

**Repositioning Maneuvers** For those with BPPV, we can dislodge the crystals causing your symptoms by positioning your head in certain ways.

**Balance Training** An integral part of any vertigo treatment plan. We'll walk you through exercises designed to challenge — and improve — your overall balance, which helps reduce your fall risk.

**Conditioning Programs** Muscular weakness, particularly in the core, can contribute to balance issues; a tailored exercise program will help you build the strength you need to stay on your feet.

**Patient Education** We will help you understand the cause of your vertigo and have the tools you need to manage it. For example, we can help you identify and avoid vertigo triggers and provide strategies to make it through vertigo attacks.

## Say Goodbye to Vertigo with Our Full-body Approach to Treatment

The full-body approach to treating vertigo involves a comprehensive assessment of factors beyond just the inner ear, such as musculoskeletal, neurological, and emotional aspects. We team up to create a multidisciplinary treatment plan that is personalized to address the root causes of vertigo, along with education for self-management and long-term support for sustainable improvement in overall well-being.

Ready to learn more? Schedule an appointment today.

## CLIENT SUCCESS STORY

"I have nothing but positive things to say about Foundation Physio! My practitioner Kaylee Feldman has been incredibly kind and knowledgeable. Kaylee and the rest of the Corktown Foundation Physio team have been key in my recovery. Highly recommend." — *Mikey T.*

**KNOW SOMEONE EXPERIENCING VERTIGO, DIZZINESS OR POST-CONCUSSION SYMPTOMS?**

**FREE 15-MINUTE DISCOVERY CALL**

**BIG NEWS**

**WE ARE NOW THE OFFICIAL PHYSIO CLINIC FOR CRICKET CANADA!**



Cricket Canada is pleased to announce that Foundation Physiotherapy & Wellness has been named Cricket Canada's official physiotherapy clinic. The Foundation team of professionals will be supporting Canada's National Men's team as they prepare for the ICC Men's T20 World Cup 2024 in June.

"Cricket Canada is pleased to announce our partnership with Foundation Physiotherapy, in the lead-up to the ICC Men's T20 World Cup 2024. We are focused on building a culture of high performance and empowering our athletes with the key resources that will help them maintain high standards of fitness. Athlete recovery is critical to maintaining performance on the pitch in these critical few months ahead of the World Cup" said Cricket Canada President, Rashpal Bajwa.

"This is an exciting time for physiotherapy in Canada, as more up-and-coming athletes and the general population seek preventative and rehabilitative care outside of the traditional medical system," said Raj Suppiah, Director of Growth and Co-Founder of Foundation Physiotherapy.

Boundaries North, Cricket Canada's trusted partner to drive commercial growth, secured this partnership.

"We are laser-focused on giving our athletes every edge possible leading up to the ICC Men's T20 World

Cup 2024. Partnering with Foundation Physiotherapy ensures our players have the best recovery resources available, allowing them to train and compete at their peak. But this isn't just about our National team – it's about the entire cricket community! We're working with Foundation Physiotherapy to develop exclusive benefits that will be available not only to the players of all levels but to passionate cricket fans across the country," added Prateek Yadav, Head of Marketing and Commercial at Boundaries North.

Foundation Physiotherapy will be the exclusive physiotherapy provider for Cricket Canada athletes, as the Men's National Team prepares for the ICC Men's T20 World Cup 2024.

Scan to read the full article!



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**LIVE BETTER WITH FOUNDATION**