

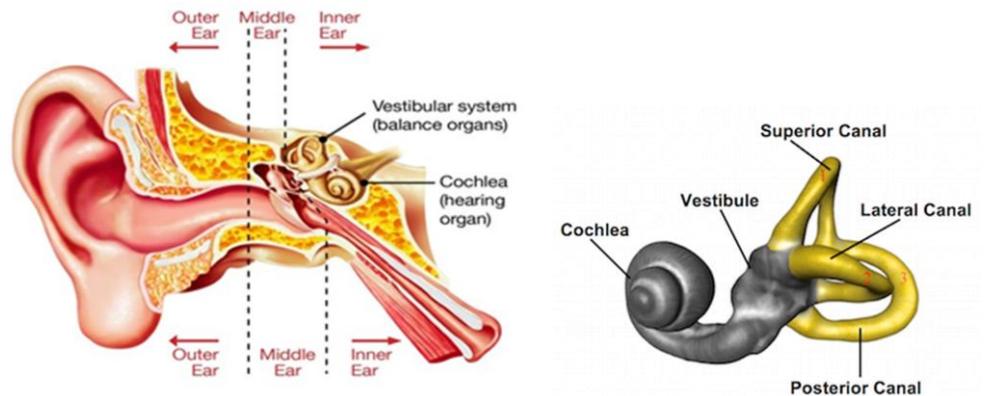


QUALITY OF LIFE PHYSIOTHERAPY UPDATE

QOL Newsletter

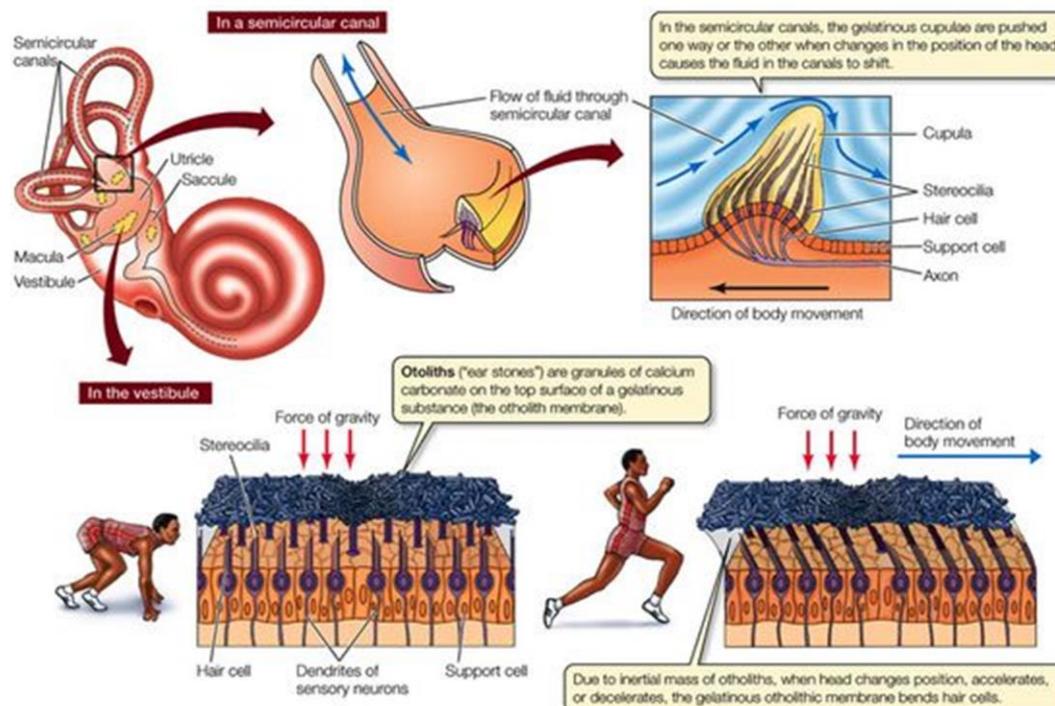
Benign Paroxysmal Positional Vertigo (BPPV)

BPPV is a condition in where a person experiences intense periods of dizziness or vertigo when moving their head, such as rolling in bed or getting up. BPPV affects a person's vestibular system. The vestibular system is basically the human balance system, it tells you about motion, equilibrium and head/body position. The vestibular system is located in your inner ear.



How the Vestibular System Works

The vestibular system has three semicircular canals that help to orientate you head and body to help maintain your balance. Inside each canal contains fluid and tiny microscopic hairs known as stereocilia. When you move the fluid moves which in turns moves the hair cells which in turn sends signals to your brain telling you which direction you are moving or what your body position is.



IFE 8e, Figure 45.11

LIFE: THE SCIENCE OF BIOLOGY, Eighth Edition © 2007 Sinauer Associates, Inc. and W. H. Freeman & Co

Upcoming Events

- Get up and Go Christmas Morning Tea December 16th 11:00am

Clinic will be closed for one week between Christmas/New Year.

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Cause of BPPV

It is believed that BPPV is caused when the otoliths (calcium carbonate crystals) which usually stay inside inner ear compartments (known as saccule and utricle) move into the semicircular canals. The otoliths disrupt the flow of fluid in the semicircular canals and thus cause stereocilia in the semicircular canals to misfire and confuse the brain into thinking you are moving when in fact you are still. Hence the person can become dizzy and nauseous.

Treatment of BPPV

Treatment of BPPV involves exercises to help restore the otoliths back into their correct position within the (saccule and utricle). Generally once the otoliths have returned to their correct location symptoms of vertigo are likely to resolve.

How can QOL Physiotherapy help?

QOL Physiotherapy can provide treatment and an exercise program that may help to improve symptoms associated with BPPV. Treatment and education can be provided in terms of sleep positioning, home exercise program and soft tissue release around the affected ear.

Make an appointment today to see our friendly QOL Physiotherapist if you would like more information regarding the treatment of BPPV.

For more information relating to BPPV you can also visit this website.

<http://vestibular.org/>

TIPS FOR EXERCISING IN SUMMER

Summer is upon us and it's important to look after ourselves while exercising in the summer heat.

1. Time your exercise. Unless you're planning on doing a sporting event which occurs in the summer heat, its best avoid exercising between 10 a.m. to 3 p.m.
2. Wear loose light coloured clothing to help reflect the heat and help with sweat evaporation.
3. During summer the sun's UV rays are much more intense, use sunscreen to protect your skin.
4. Hydration is key to maintain good health while exercising. It is important to replenish fluids and electrolytes lost by sweating.
5. Listen to your body! Stop exercise if feeling dizzy, faint or nauseous. Seek medical advice if symptoms persist.

Merry Christmas and Happy New Year

This month is the month to be jolly! QOL Physiotherapy would like to wish everyone a Merry Christmas and Happy New Year

5 tips to stay healthy over Christmas

1. Be selective! There's usually an abundance of food, be picky and choose what you really want.
2. Avoid binge and overeating. Don't starve yourself for the big meal have small healthy snacks such as carrot and celery sticks before the big occasion
3. Stay hydrated! Make sure you drink plenty of

water not just sodas and alcohol. Need something bubbly? Try mineral water with fresh fruit.

4. Keep moving! Don't sit down all day eating, move around. For example in between meals (after having some time to digest) do some squats.
5. Satisfy your sweet tooth with fresh fruit mix in with your dessert.

We hoped everyone has had a great year and look forward to helping you all stay healthy and active in 2017!

