

RIDE THE WAVE TO RECOVERY
NEWSLETTER

PACIFICPRO
PHYSICAL THERAPY & SPORTS MEDICINE



RELIEVE YOUR **DIZZINESS** & **VERTIGO** WITH PT!

RELIEF FOR ALL OF YOUR DIZZYING SYMPTOMS!

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FIND YOUR BALANCE WITH PT!

Discover How Physical Therapy
Can Help Relieve Your
Dizziness and 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 PacificPro Physical Therapy, our physical therapists 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 physical therapists at PacificPro Physical Therapy 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),

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:

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

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 physical therapists immediately.

Continued on next page.

NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

Meet the Team

Staff Highlights

Your Vertigo Experts

Heather Snyder, PT, DPT, OCS



Heather had known she wanted to be a PT ever since she was 13 years old. She had two life experiences that lead her to the profession of Physical Therapy; the first was watching her grandmother struggle with declining function due to MS, and the second was participating in physical therapy as a patient following an ankle injury and surgery.

Following graduation, she wanted to further progress within the profession thus she completed a year-long orthopaedic residency and took/passed the Orthopaedic Clinical Specialty exam in 2009 (and renewed the specialty certification in 2019). She began treating TMJ in 2008, and vertigo in 2011.

Heather grew up playing softball and still loves watching sports. She has been a part of the volunteer medical staff for the Vista Murrieta HS Broncos football team since 2012.

In her free-time Heather enjoys cooking and gardening with her husband and two daughters.

Michelle McClure-Smith, PT, DPT, OCS



Michelle has extensive experience as a Physical Therapist and a Clinic Manager. She found her passion early on, when she attended California State University San Marcos with an emphasis in Pre-Physical Therapy and Biology. She transferred to Loma Linda University where she completed her Doctorate in Physical Therapy in 2009. Dr. McClure-Smith successfully graduated from an Orthopedic Clinical Residency Program in 2010 and became a Board Certified Orthopedic Clinical Specialist in 2011. She is a Credentialed Clinical Instructor through the American Physical Therapy Association and has extensive experience as a Residency Mentor and Clinical Educator.

Dr. McClure-Smith has been a member of the volunteer Sports Medicine Program at Chaparral High School since 2005.

FIND YOUR BALANCE WITH PT!

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How Physical Therapy Can Help

Physical therapy is a standard treatment for vertigo, and our therapists at PacificPro Physical Therapy are trained to help alleviate any vertigo symptoms you may be experiencing. Your physical therapist will ask you questions to identify the cause of your vertigo and use this information to design the best treatment.

Your physical therapist will perform tests to determine the causes of your vertigo. In some cases, the tests will clarify what is going on and how to resolve it. For example, if you have Nystagmus, also known as "eye jerks." This is the phenomenon of experiencing uncontrollable eye movements and is common with BPPV testing.

Our physical therapists are movement experts. In addition to vertigo testing, they also will determine your risk of falling. Then, depending on the results, your physical therapist may recommend further testing or specific interventions to alleviate your condition and ensure you are safe. The exact treatments will focus on helping you get moving again and managing your vertigo simultaneously.

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.

Canalith 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.

Physical therapy 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 us today to get started!



A Reminder To...

USE IT OR LOSE IT



Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered **YES**, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or **COMPLETELY COVERED** by your insurance plan.

Let us help you get a head start going into 2023, before your deductible renews again! **CALL OR VISIT OUR WEBSITE TO SCHEDULE YOUR APPOINTMENT!**

MAINTAINING RESULTS AFTER VESTIBULAR REHABILITATION

One of the most common concerns in patients with dizziness and vertigo who complete a vestibular rehabilitation program is, "Will my results last?"

Research suggests that, with the proper post-therapy exercise, patients who successfully complete vestibular rehab will maintain their positive results long after leaving a physical therapist's office.

What Happens Next?

The aim of vestibular rehab is to improve function and balance while reducing dizziness. This is especially important in older patients who already bear a higher risk of falls as a result of age-related neuropathy, vestibular dysfunction and a host of other conditions. As a result, those who have experienced a positive outcome as a result of vestibular rehab are often reluctant to leave the care of clinicians. To assuage this anxiety and extend the outcome of rehab, physical therapists will often prescribe a home-based exercise program that reinforces therapeutic processes.

Researchers have found that an at-home exercise program is vital to the patient's quality of life three months after being discharged from the hospital or other therapeutic setting.

Patient Outcomes Don't Improve On Their Own

Bottom line, patients who are experiencing dizziness and vertigo will not experience improvement without intervention. This is especially true in elderly patients whose functional outcomes are vital to their quality of life. Vestibular rehabilitation as performed by a physical therapist is the most effective way of providing these outcomes and a home-based exercise program upon release from physical therapy is the best way to maintain them over time.

If you are experiencing dizziness or vertigo, don't hesitate to contact a physical therapist. We can get you back to a safe and healthy life!

PACIFICPRO
PHYSICAL THERAPY & SPORTS MEDICINE



PATIENT SUCCESS

"Choose PacificPro for your PT needs. Yes, you have a choice. Mason is professional, encouraging, and listens to you and your body. I love the cool portal that allowed me to watch demonstrations of prescribed exercises. Hopefully I won't need PT again, but if I do, I'll definitely return. Naomi, at the front desk, is wonderful and explained my insurance benefits. Great customer service from beginning to end."
- Melanie A.

We want to hear your Success Story. Scan the QR code and leave us a review.



Thank you!

We've Expanded In Irvine!

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New Location
NOW OPEN

Now in Tennessee

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Are You In Pain? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

pacificpropt.com

PACIFICPRO

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We've Expanded In Irvine!

IRVINE
2 Peters Canyon Road
Suite 100
Irvine, CA 92606
949.679.3988

LAGUNA HILLS
24422 Avenida de la
Carlota, Suite 100
Laguna Hills, CA 92653
949.716.2730

MURRIETA
25284 Madison Ave.
Suite 103
Murrieta, CA 92562
951.600.0054

MURRIETA/FRENCH VALLEY
29992 Hunter Road
Suite 106
Murrieta, CA 92563
951.417.8195

NEW Location in TN!

MURFREESBORO
2943 S. Church St. Suite D
Murfreesboro, TN 37127
615.962-8232

PacificPro is extending our services out East! One of our PTs, Mason Nebrija, recently moved to Murfreesboro, Tennessee where we have opened our newest clinic.

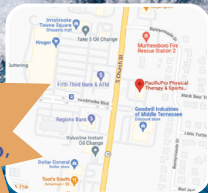
TEMECULA
28780 Single Oak Drive
Suite 295
Temecula, CA 92590
951.506.0200

CORONA
1561 E. Ontario Ave.
Suite 101
Corona, CA 92881
951.407.9233

HEMET
949 S. State Street
Hemet, CA 92543
951.929.9890

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Canyon Road
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Check Out Our New Location In Murfreesboro, Tennessee



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