



Santa Clarita Valley
Therapy Services

VERTIGO, CONCUSSIONS, & BPPV

Read more inside on Understanding Vertigo & BPPV, Concussion and Post-Concussion Syndrome, and the Benefits of Spring Cleaning!

SCVTherapyServices.com

Give us a call today at (661) 284-1984



UNDERSTANDING VERTIGO & BPPV

Vertigo is a term used by medical providers to reference the sensation of dizziness that a person may experience. Vertigo can be due to a variety of reasons. Benign paroxysmal positional vertigo (BPPV) is a type of vertigo or dizziness that occurs when inner ear crystals, or otoconia, become dislodged within the inner ear, creating a sensation of severe vertigo in which the room is perceived to be spinning.

How do we treat vertigo?

First, we must determine the causative factor for the patient experiencing vertigo so that we may properly apply the specific intervention. One of the tests administered is the Dix-Hallpike maneuver- a maneuver in which the patient lies on their back with their head extended over the end of the table. If a patient becomes dizzy during this test, we can ascertain that the dizziness is stemming from an inner ear dysfunction involving the inner ear crystals housed within the semi-circular canals. We then perform the Epley maneuver to reposition the crystals so that the patient is no longer experiencing vertigo.

How many treatments are required?

If the vertigo is stemming from the inner ear crystals it is diagnosed as BPPV. Although very unnerving, this is the most quickly remedied dizziness pathology. We perform the Epley maneuver 1-2 times at the initial appointment to correct the inner ear dysfunction and then follow up with the patient 1x/week. Typically, the Epley maneuver is only required for 3-5 sessions depending on the patient response.

Will I get sick during treatment?

In order to correct the dizziness issue, the patient typically has to be tested with the Dix-Hallpike testing procedure. Although this typically makes one dizzy, we are able to quickly remedy the dizziness within that same session so the patient walks away feeling resolution.

Can BPPV return, or come back?

Many times patients who have experienced BPPV/vertigo do experience repeat episodes in the future. This is typically due to improper head positioning or participation in certain activities that can once again dislodge the inner ear crystals. We have great success with repeat treatments utilizing the same Epley maneuver, though. Also, we spend adequate time educating the patient on positions to avoid and modifications to implement in order to avoid exacerbation of symptoms.

Can I do the Epley at home?

Although videos are readily available on YouTube and other various social media platforms, we strongly caution against attempting this treatment maneuver on your own as you may adversely affect the inner ear canals and crystals. Please consult with your PCP to determine if you would be a good candidate for vestibular therapy if you have additional questions.

Give us a call today at (661) 284-1984 or visit [SCVTherapyServices.com](https://www.scvtherapyservices.com) to schedule your appointment!



CONCUSSION AND POST-CONCUSSION SYNDROME

What is the difference between a diagnosis of concussion and post-concussion syndrome (PCS)?

A concussion is a form of mild traumatic brain injury (mTBI) that occurs from a direct or indirect blow or force to the head or neck region. Concussions can result from falls, blunt force trauma, sports-related injuries, car accidents and whiplash, among other causative factors. Most symptoms of concussion dissipate after 2-3 weeks from the date of injury. However, up to 40% of patients develop and report persistent symptoms following their concussion episode weeks, months and even years after their initial injury. This is referred to as post-concussion syndrome (PCS).

What are the symptoms of a concussion?

Initially, the patient or athlete may experience an altered state of consciousness, which may involve an actual loss of consciousness. Concussions DO NOT require loss of consciousness, however, to be diagnosed as a mild traumatic brain injury. In fact, most concussions do not include a loss of consciousness and therefore patients are often unaware that their brain may have been injured. The symptoms can include any or all of the following: dizziness, headaches, neck pain and muscle tension/spasms, "brain fog," decreased mental energy and alertness, fatigue, excessive sleep, insomnia, loss of appetite, mood swings, irritability, anxiety, depression, altered memory, difficulty concentrating, migraines, difficulty with multi-tasking, lack of interest, nausea, decreased balance and decreased tolerance for exercise and movement, in general (especially head movement).

How long do the effects of a concussion last?

Studies have shown that the effects of head injury and concussion can last up to 17 years following the initial injury! This is mind-boggling (no pun intended). During our extensive history taking and patient interview, we always ask patients to recall any history

of falls, slips, bumps or car accidents that may have contributed to a history consistent with a head injury. We have encountered many patients who developed some of the symptoms listed previously following their concussion without ever realizing the symptoms and the head injury were directly related.

What does treatment for concussion and PCS include?

Our specialized therapists focus on identifying your primary impairments and concerns in your initial examination in order to individualize your post-concussion care. Every brain injury is like a fingerprint- they are all unique to the individual. Therefore, the history and exam are the most important part of developing your customized treatment plan. Many of the treatments initially emphasize the management of headaches through our superior equipment and expertise. We utilize the Rezzimax Pain Tuner Pro to implement vibration therapy that helps to stimulate the Vagus nerve (calming) while also inhibiting the Trigeminal nerve (hypersensitive nerve of the head/neck/face). Many patients experience relief of headaches with the use of this device targeting to reduce headaches specific to PCS patients. We also utilize manual therapy techniques including cervical spine mobilization, balance and coordination tasks, interactive metronome therapy, Fitlight agility and vestibular training, Biodesx Balance System and more! Every patient receives a custom plan of care to perform as their home program component.

Can results be achieved even if my concussion was a long time ago?

Studies have shown that our brain is the most plastic (trainable and malleable) organ we have! We are able to hone the benefits of neuroplasticity to "re-train the brain" so that you can make new neural connections and restore networks that may have been impaired- even if your injury occurred years ago! Typically, our patients are able to improve significantly over the 3-6 months that they participate in our post-concussion program and are able to return to a prior level of function and activity that helps restore their quality of life. If you have additional questions, feel free to ask your healthcare provider or give us a call at 661-284-1984 and inquire about SCV Therapy's Post-Concussion Protocol.

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BENEFITS OF SPRING CLEANING

Allergy Symptom Reduction. A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.

Cleanliness Produces Happiness. Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.

Declutter and Do a Good Deed by Donating. An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Saxbe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." Personality and Social Psychology Bulletin, January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.



ERIC SPENCER

*Doctor of Physical Therapy, Clinic Director,
Certified Strength and Conditioning Specialist,
Orthopedic Certified Specialist*

Dr. Eric Spencer graduated from the University of Miami in Coral Gables, FL with his doctorate in physical therapy (DPT) degree in 2013 and has been practicing in the Santa Clarita Valley region for the previous 5 years. After attaining his DPT in Miami, he sought residency specialization in orthopedics and sports medicine and became an ABPTS Board-Certified Orthopedic Specialist (OCS) in 2015. He has been working with numerous physicians and orthopedic surgeons in the greater Los Angeles area in order to establish exceptional rehabilitation programs and return-to-sport outcomes for patients undergoing surgical intervention. Eric also specializes in rehabilitation for vestibular dysfunction and patients experiencing dizziness/vertigo as well as patients suffering from concussion and post-concussion syndrome. He is also heavily involved with mentoring and training the future generation of physical therapists, as he has established clinical affiliations with doctoral programs across the United States. His passion for teaching is further exemplified in his role as adjunct professor at The Master's University Kinesiology undergraduate program. Eric is also a Certified Strength and Conditioning Specialist (CSCS) certified through the National Strength and Conditioning Association (NSCA).



"Erin Bussell has been incredible! As an Occupational Therapist, she was able to answer all of my questions and concerns before beginning our sessions. Erin has simply amazed my wife Lisa and I from the beginning. Her methods and positive outlook with encouragement have brought me great success! In just a matter of weeks, I went from having near-zero mobility in my wrist to now nearly full motion. We thank God for leading us to Erin, her Assistant Ashley, and the entire Santa Clarita Valley Therapy Services Team! Thank you for bringing back my active lifestyle!" - D. N.

KEEPING YOUR HEALTH IN MIND

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.



OUR EMPLOYEES
ARE WEARING
PROPER MASKS



OUR EMPLOYEES ARE
PRACTICING SAFE
DISTANCING



OUR EMPLOYEES
ARE USING GLOVES
WHEN NECESSARY



OUR EMPLOYEES ARE
WASHING HANDS
REGULARLY



OUR EMPLOYEES ARE
AVOIDING HUGS &
SHAKING HANDS

Your health is our highest priority. Give us a call at (661) 284-1984 or visit SCVTherapyServices.com today!