



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER



UNDERSTANDING THE CONNECTION BETWEEN

NECK PAIN AND DIZZINESS

Read more inside on How Physical Therapy Can Help With Dizziness,
the Five Flavors of Dizziness, and This Month's Healthy Recipe!

SCVTherapyServices.com

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

UNDERSTANDING THE CONNECTION BETWEEN NECK PAIN AND DIZZINESS



Do you notice yourself rubbing your neck after a difficult day on the job? Do you experience dizziness, or the sensation of swaying, as if you're in danger of falling over?

Dealing with neck pain and dizziness can impact what you do and interfere with your enjoyment of life.

Fortunately, at Santa Clarita Valley Therapy Services, our therapists specialize in helping patients battle symptoms of dizziness and neck pain so that they can return to a normal lifestyle without the fear of getting hurt.

Are you ready to return to your normal routine without painful symptoms or dizziness? Do you want to learn more about how neck pain and dizziness are interconnected?

Contact Santa Clarita Valley Therapy Services today at (661) 284-1984 to discover how our team may provide you with the relief you've been searching for!

How Are Neck Pain and Dizziness Related?

It's not uncommon for neck pain and dizziness to occur together. According to *Spine Health*, "When neck pain and dizziness occur together, it may be due to a blood vessel that supplies blood to the brain being compressed. Some of the associated medical conditions include spinal degeneration or neck instability, which can put pressure on the vertebral artery."

Dizziness that is related to a problem in the neck is known as cervicogenic dizziness. Some of the possible causes of cervicogenic dizziness include:

Whiplash

This injury is caused by the neck rapidly whipping back and forth, as in a rear-end collision or other collision. Whiplash is most commonly associated with neck pain, but dizziness and other symptoms may also occur.

It is thought that in some cases, an injury to the neck's joints and/or muscles may alter proprioceptors and contribute to dizziness.

Cervical Spondylosis

Cervical spondylosis, or neck spine degeneration, can occur as a result of cervical osteoarthritis, cervical degenerative disc disease, and other wear and tear on the spine over time. Nerve roots and blood vessels may become compressed as the intervertebral discs and joints degrade, contributing to dizziness in some cases.

Vertebrobasilar Insufficiency (VBI)

VBI occurs when one or more of the main arteries leading to the brain becomes compressed or unable to deliver enough blood, resulting in dizziness.

Other causes of dizziness include migraines, stroke, vestibular neuritis, benign paroxysmal positional vertigo (BPPV), and Meniere's disease.

Call us today at **(661) 284-1984** or visit **SCVTherapyServices.com** to schedule your next appointment!



HOW CAN PHYSICAL THERAPY FOR NECK PAIN HELP WITH DIZZINESS?

Physical therapy is one of the most effective treatments for neck pain. Our physical therapists at Santa Clarita Valley Therapy Services will perform an initial physical evaluation to assess your neck's range of motion and any limitations caused by your pain.

They will then develop a diagnosis that will guide the development of your treatment plan. The primary goal of your treatment plan will be to recover as quickly as possible and return you to a pain-free lifestyle.

Manual or "hands-on" therapy, which consists of unique techniques designed to reduce stiffness and improve the range of motion in your neck, will most likely be used to treat your neck pain. Our physical therapists will also teach you specific exercises to strengthen, build, and improve the muscles and tissues in your neck.

We will concentrate on improving your posture to aid in the recovery of your neck muscles and prevent future injury. Additional treatment options may include ice and heat therapy, ultrasound, or electrical stimulation, as determined by our physical therapists.

As your neck pain is treated, you'll likely find that your dizziness naturally diminishes. However, if you need additional treatment to rid your dizziness completely, know that you have many options at Santa Clarita Valley Therapy Services.

We offer vestibular therapy services at our clinic to combat the symptoms of dizziness and vertigo. Vestibular therapy includes treatments such as the Epley maneuver and Cawthorne head exercises.

The Epley maneuver allows for canalith repositioning to move the broken calcium crystals in patients experiencing BPPV. Cawthorne head exercises focus on decreasing nerve sensitivity and reducing the effects of vertigo.

Are You Ready To Find Relief? Contact Santa Clarita Valley Therapy Services Today!

Are you tired of your neck pain and dizziness slowing you down? Comprehensive relief is possible with physical therapy.

Our therapists can tackle your pain at its source, providing you with long-term relief. Don't hesitate to unlock the help you need. Contact our clinic today to request an appointment with one of our talented specialists.



Let's Get You Better ASAP!

Scan the QR code to visit
[SCVTherapyServices.com](https://www.scvtherapyservices.com) to schedule
your next appointment now!



BALANCE AWARENESS WEEK

SEPTEMBER 17-23, 2023

One in five Americans will experience symptoms that could be signs of a problem with their inner ear or vestibular system. Because these symptoms are invisible and hard to describe, they are often overlooked by doctors and dismissed by family and friends. Join the Vestibular Disorders Association in raising awareness about vestibular dysfunction in people of all ages.



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FIVE FLAVORS OF DIZZINESS

"Dizziness" can be challenging to describe. It is a broad term that is used to describe a wide range of sensations. But, knowing which *flavor* of dizziness you are experiencing can help you and your doctor understand what is causing it and how to make it better.

THE FIVE MOST COMMON FLAVORS OF "DIZZINESS"

- | | |
|------------|---|
| 01. | VERTIGO |
| | When you feel an illusion of movement, like the room is spinning, swaying, or tilting.
Possible causes: inner ear disorders such as BPPV or Meniere's disease, vestibular migraine, or certain central disorders including stroke. |
| 02. | IMBALANCE |
| | When you feel unsteady, like you're going to fall.
Possible causes: inner ear dysfunction can cause that but also certain brain disorders (cerebella) or neuropathy. |
| 03. | LIGHTHEADEDNESS |
| | When you feel faint, like you're about to pass out.
Possible causes: blood flow issues including temporary lack of blood flow to the brain, hypertension, heart problems. |
| 04. | DIZZINESS |
| | When you feel spatial disorientation that doesn't involve a sense of movement, fainting sensation, or an unsteadiness.
Possible causes: vestibular migraine, in inner ear hypofunction/dysfunction and other conditions. |
| 05. | OSCILLOPSIA |
| | When things look like they're moving as you walk. Unlike vertigo, it doesn't occur when the eyes are closed.
Possible causes: downbeat nystagmus, bilateral vestibular hypofunction. |

Give us a call at (661) 284-1984 or visit SCVTherapyServices.com today!



APPLE PIE CHIA SMOOTHIE

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt

Blend all ingredients until smooth; add ice if desired.

<https://hellolow.co/fall-smoothies/> Photo by Ana Stanciu

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