



amber hill
THERAPY CENTERS

Comprehensive Adult & Pediatric Therapies



Scan the QR Code to learn more about our current Pediatric Classes or visit us online at www.amberhillpt.com today!

WHAT IS VERTIGO?

Read more inside on How Physical Therapy Can Help With Your Vertigo,
Staff Spotlight: Sarah Money Penny, and Come In And See Us!

www.amberhillpt.com

Give us a call today!



WHAT IS 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 Amber Hill Therapy Centers, 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 Amber Hill Therapy Centers 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:

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

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.

**Get Your Life Back with
Amber Hill Therapy Centers!**

*Make an appointment today to start
living your life again, pain-free!*

Stop letting pain get in the way. Give us a call or visit www.amberhillpt.com today!



HOW PHYSICAL THERAPY CAN HELP WITH YOUR VERTIGO

Physical therapy is a standard treatment for vertigo, and our therapists at Amber Hill Therapy Centers 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.

Treatment may include specialized head and neck movements that you can be taught to do. If you still have dizziness and balance problems after vertigo stops, your physical therapist can target specific activities to address those problems.

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.

Call To Make An Appointment

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!

Sources:
<https://www.nidcd.nih.gov/health/balance-disorders>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206229/>
<https://pubmed.ncbi.nlm.nih.gov/31813696/>
<https://www.choosept.com/guide/physical-therapy-guide-vertigo>

**Get Your Life Back with
Amber Hill Therapy Centers!**

*Make an appointment today to start
living your life again, pain-free!*



STAFF SPOTLIGHT

Sarah Moneypenney

My name is Sarah Moneypenney and I am from Frederick, MD. I graduated from Tuscarora High School in 2017 and went to Frostburg State University in Western Maryland where I graduated with a degree in Exercise and Sports Science. Since the age of fifteen I have wanted to be a physical therapist, so after college I decided to work at Amber Hill and gain PT experience, while applying for graduate school. After submitting 7 applications to Physical Therapy school, I decided to attend DeSales University near Allentown, PA. I am very excited to start the Doctor of Physical Therapy program this August and to finally become a Physical Therapist!

When I am not working at Amber Hill, I enjoy all types of outdoor activities. I enjoy hiking, biking, snowboarding, and hunting with my family. In college I competed on the collegiate swim team, so in my free time I lifeguard to make some extra cash for graduate school. I have been a lifeguard at the YMCA for 7 years!

This past winter I drove up to Stowe, Vermont to go snowboarding! The mountain was nothing like the small mountains near Frederick. It was also very cold getting below 0 degrees some mornings! The cold did not stop me from visiting the original Ben & Jerry factory to get some ice cream. Vermont is such a beautiful place, and I am glad I got to experience snowboarding on a real mountain!



WE'RE HIRING!

We are looking for a full-time Physical Therapist and Speech Therapist in the Frederick, MD area! Applicants must be licensed in Maryland. Check out details at <https://amberhillpt.com/join-our-team/> today! If you are interested in working in a team environment, continuously learning, advancing your clinical skills and getting patients back to the activities they love, we encourage you to send your cover letter and resume to kreichenbaugh@amberhillpt.com.

COME IN AND SEE US!

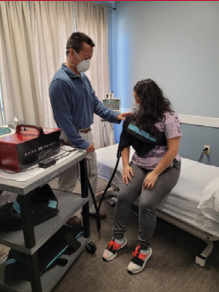
Amber Hill Therapy Centers in Frederick, MD provides adult and pediatric physical and occupational therapy to residents of all areas of Frederick and surrounding neighborhoods. Our adult and pediatric offices are in the same building and offer private treatment rooms and are open early mornings, evenings, and Saturdays.

Our skilled physical therapists use sophisticated diagnostic methods to help determine which of our services you will benefit most from. Specialized treatment plans are designed to help you achieve your goals, taking into account your symptoms, medical history, and any health restrictions you may have. They are highly trained and experienced people! They will work to determine the root cause of your problems and provide quality treatment for any kind of pain, injury, or condition you are experiencing. We are proud to offer specialized treatment services for any pain, injury, or discomfort you may feel. Our therapists will use their skills to teach you how to prevent future injuries, which is an extra bonus!

In the pediatric office our licensed physical and occupational therapists work with children and their caregivers to facilitate gross motor developmental milestones as well as increase strength, balance, coordination, endurance, motor planning, fine motor strength and coordination, self-care, handwriting and much more. Our treatment goals focus on helping children interact and participate at their best at home, school and play.

Amber Hill Therapy Centers goal is to make your daily tasks and activities easier. We want you to be able to experience life to the fullest without being hindered by pain. We understand that it may be difficult to take the first step towards improving, especially if you don't know what the underlying cause of your pain might be.

Our Frederick, MD physical office is located at 187 Thomas Johnson Drive, Suite 6.



Your health is our highest priority. Give us a call or visit www.amberhillpt.com today!