

7 Best Tips for Dealing with

Dizziness and BPPV Benign Paroxysmal Positional Vertigo

**Get your life back quickly and
return you to what you love
to do without medication and
numerous doctor visits**

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7 Best Ways to Deal with...

Dizziness and BPPV Benign Paroxysmal Positional Vertigo

In this Special Report on Dizziness and Benign Paroxysmal Positional Vertigo I share with you **7 simple strategies** you can use to ease your symptoms— some over time and some almost instantly. They're in no particular order, and they all have only one thing in common: They all work. Unfortunately, without knowing the exact ins and outs of **YOUR dizziness** I can't tell you which of these strategies will work best for you.

Even if I did know the exact cause of your dizziness symptoms, there is no guarantee that any one single strategy will be effective. However, through my experience I've been able to narrow down what is **truly effective and what doesn't work** when it comes to vestibular/dizzy disorders. Often times, Custom Care Rehab is a second opinion for patients who's first treatment plan did not work or only obtained partial outcomes.

The 7 simple techniques you're about to read about are a few of the more helpful strategies we use every day when working with individuals with dizziness. Within a few weeks, you could have all of these strategies working in your favor, **giving you control** over your symptoms and giving you back your active and healthy lifestyle. The key is consistency.

If you're able to practice **just one** of these techniques **every day** consistently over the next few weeks, I'm positive you'll be pleasantly surprised at how much better you'll feel.

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1. CHECK YOUR SYMPTOMS

Dizziness is a term used to describe a **range of symptoms**, such as feeling lightheaded, woozy, faint or unsteady. Dizziness that creates the false sense that you or your surroundings are spinning or moving is called vertigo.

BPPV, or Benign Paroxysmal Positional Vertigo, is a fairly common condition that causes vertigo when the head is changing positions. Movements such as getting out of bed, into bed, rolling in bed, bending over, or looking up are common positional changes that cause a vertigo sensation. Click [HERE](#) for full description.

BPPV is classically described as transient or comes and goes, producing less than a minute of a spinning sensation upon changing positions or moving the head. It **DOES NOT** produce hours of **constant** spinning and no hearing changes or muscle weakness. If you're initial vertigo symptoms were transient in nature, you may in fact have BPPV. If not.. you should have a thorough vestibular evaluation.



2. CHOOSE MEDICINE WISELY

Medication definitely serves a purpose and can be helpful. However, taking a pill **without properly identifying** the diagnosis can lead to poor outcomes and frustration. By having a trained vestibular therapist help root out the EXACT cause of your symptoms, you can decide whether certain medications are **right for your problem**.

Each medicine you take has a **pro and con**. Some medicines like diuretics can work wonderfully for dizziness related to Meniere's disease but would do nothing for BPPV. Meclizine can work great to diminish symptoms related to acute vestibular neuronitis but taking it prolonged will actually **DELAY** your recovery. It is absolutely necessary to find the root of the problem so you take a medication that will treat the problem **NOT** mask the symptoms.

Click [HERE](#) for a full report on *Should I use Medicine for Vertigo?*



3. HOME MANEUVERS

Youtube and different internet sites are full of great content on home BPPV maneuvers. However, is it **reliably specific to your issue**? No, its not. The videos you see on the web, may in fact work. However, you **could make things worse** if you accidentally treat the wrong side, try to treat the wrong issue, or just do not get the technique right.

Custom Care Rehab uses special goggles, called **Insight Infrared Video Goggles** to ensure we can find the right source of your dizziness. During a thorough evaluation of your symptoms, your specific problem will be **identified and then properly treated**. No more guessing or trying to be your own doctor. Let Custom Care Rehab come to you and fix your issue so you can get **back to the things you love to do quickly!**

If you want to browse the techniques we may use, see a review of home positional maneuvers [HERE](#).



4. HEADS UP SLEEPING

When suffering from acute BPPV or dizziness **sleeping can be difficult**. Because having the head flat in bed or extended can actually allow "ear crystals" to float into semicircular canals where they cause symptoms of vertigo.



Fortunately, if you sleep semi-reclined or a 45 degree angle you can reduce how much the stones can move and therefore **reduce vertigo symptoms when going to bed and getting out of bed**.

Granted this does not "cure" BPPV, it does reduce your symptoms! Shop wedge pillows [HERE](#).

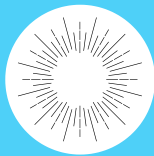


5. FIND A FOCAL POINT

One of the easiest tips to implement is stabilizing your gaze when walking. Keeping your eyes on one target will keep you spatially **oriented and improve your balance**; helping you avoid veering when on the move.

One strategy is to walk slowly, once you find a focal point walk towards it. When your ready to turn, do it slowly, and **find a stationary focal point as soon as you turn**. Find another focal point as soon as you turn the next corner.

If you happen to be in a visually busy environment, this can be overwhelming. **Stay calm, breath, feel the ground with your feet** and keep your eyes on one target as you walk your way through a busy scene. Limit head motions unless you feel ready to practice head turns and stabilizing your focal point.



6. DONT WAIT TO TREAT DIZZINESS

Dealing with dizziness and vertigo can be debilitating and exhausting. Often times leading to excessive time off work, social withdrawal, relationship stresses, or anxiety. Timing of treatment of some conditions is crucial, which can affect the **length of your recovery**.

The good news is with a trained vestibular therapist, conditions like BPPV can often be treated in one to two sessions. Custom Care Rehab also provides **management plans that are individualized** and include education to allow you to lower your chances of reoccurrences.

Also, Custom Care Rehab can help you navigate recommendations to other medical professionals that may be necessary in treatment of dizziness. Knowing where to go to and to whom is **equally as important in your treatment plan** However, we all know it can take months to get into a some doctors so we help you make sure your scheduled with the right providers- **because your time is valuable and you deserve answers!**



7. GET PROFESSIONAL HELP

The **fastest way** to take care of your dizziness and get answers as to what is the cause of **YOUR** symptoms is by going to see a trained vestibular physical therapist. A therapist can listen to your story, assess your symptoms and find out **EXACTLY** why you are having problems. They can then come up with a plan to fix it so you can get back to working out and tackling your passions!

When looking for a therapist, you owe it to yourself to find one who is willing to spend quality, **one-on-one time with you for a full hour and specialized in treatment of vestibular disorders.**

Do not settle for someone who just gives you a cookie cutter sheet of exercises and does not listen to your story. Find someone who will give you a full hour of their **undivided attention** to ensure you are getting the most out of every single minute, so you can get back to the workouts, sports and activities you love as quickly as possible.

Want to **track** your dizziness symptoms? Click Here for [Dizziness Handicap Inventory](#)

CONCLUSION

So there you have it! 7 simple tips you can use **TODAY** to end your dizziness and improve your quality of life, health, and fitness.

There's obviously much more that you could do too, and I could go much more in-depth with these techniques and others that we use at **Custom Care Rehab** to treat dizziness , but these fundamentals, if applied consistently, **WILL** have a positive impact on reducing your dizziness symptoms thus improving your quality of life.

I hope this is the beginning of a great, long-term relationship where myself and my colleagues become the source of leading edge health advice for you and **make a real difference to your life.**

PS - If you are currently struggling with dizziness, BPPV symptoms, or want a second opinion on your recovery plan we'd be happy to offer you a Free "Discovery" Call. This is a 15-minute call to cover your injury, screening of your symptoms, and discussion of your treatment options.

We would love you get started on your journey back to health. At Custom Care Rehab , we have helped hundreds of clients recover from vestibular disorders, improve function, and return them to work and sport!

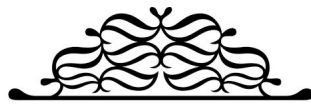
For a **FREE** discovery visit with our excellent therapist drop us an email or give us a call, and we'll help you get started on the right path!

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Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this report.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinic.

The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow therapist's advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the therapists at Custom Care Rehab.

Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury.

No guarantees of specific results are expressly made or implied in this report.

