



FINDING YOUR CENTER:

RELIEVE YOUR DIZZINESS & VERTIGO

Have you noticed you are not as steady as you used to be? Do you notice that dizziness makes you feel less balanced? No matter your age, you can improve your balance. At Atlanta Human Performance Center, we can help you figure out what is causing your vertigo and/or dizziness and, more importantly, how to resolve it!

Balance is a big deal but we take it for granted. Your balance system is incredibly complex and allows you to walk around obstacles without thinking. However, it can be challenging to perform daily tasks and activities you enjoy when your balance is affected.

If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call Atlanta Human Performance Center today to schedule an appointment with one of our experienced Doctors of Physical Therapy.

WHAT IS CAUSING YOUR DIZZINESS AND/OR VERTIGO?

Dizziness is a general term used to describe a sense of unsteadiness that may be due to a lack of sleep, poor nutrition, overexertion, or a physical ailment (i.e., a head cold or the flu). Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest.

Some accompanying symptoms of dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision
- Feeling unsteady or faint

Vertigo is the result of an issue in your inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When the vestibular system is impaired, the messages to your brain are altered, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods, or you can't stand/move appropriately without feeling like you'll topple over.

Some common causes of vertigo include:

- **Benign Paroxysmal Positional Vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in.
- **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes ringing sounds in the inner ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing loss.
- **Vestibular neuritis.** This is an inner ear infection that can cause vertigo.
- **Migraines.** Migraines can impact your vestibular system, and may be coupled with sensitivities to light or sound, or may also impair your vision.
- **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

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Some accompanying symptoms to vertigo may also include:

- Inability to focus or remain alert
- Double vision
- Nausea or vomiting
- Arm or leg weakness
- Difficulty seeing or speaking
- Sweating
- Abnormal eye movements

HOW PHYSICAL THERAPY CAN HELP YOUR BALANCE

Dizziness and vertigo can hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter the cause, physical therapy for dizziness and vertigo can help.

At Atlanta Human Performance Center, our Doctors of Physical Therapy have some of the most advanced techniques for diagnosing and treating dizziness and vertigo.

Our Doctors of Physical Therapy will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

The primary goal of the assessment is to identify the specific cause of your dizziness and use a combination of manual therapy, balance exercises therapy, posture corrections, and education to help you resolve your condition.

The most common treatments will focus on:

- Reducing vestibular symptoms through specific head and body movements and positions. These movements help to remove the calcium deposits from the inner ear to alleviate dizziness.
- Balance exercises and vestibular rehabilitation. Specific balance exercises and particular activities focus on decreasing nerve sensitivity and reducing the effects of vertigo.
- Postural education to optimize function.

Our Doctors of Physical Therapy determine whether a vestibular disease is causing your dizziness or vertigo.

If you believe you may be experiencing vertigo, contact us today. We'll provide relief for all of your symptoms.

CALL TO MAKE AN APPOINTMENT

Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. Contact Atlanta Human Performance Center today to get started!



5 Health Tips For The Holiday Season

1. Shop Well For Yourself

It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

2. Schedule Your Exercise

Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.

3. Just Say No

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

4. Skip the Baking

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars — let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

5. Hydrate

Keep your water bottle with you at all times. You should be drinking eight, 8-oz glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.





HEALTH TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT. CEO/Director of Atlanta Human Performance Center

Tips To Prevent Holiday Stress

Do you find yourself stressed out around the holidays, anxiously running through a seamlessly endless list of tasks? The holidays should be a time of celebration, not a source of stress.

If you need some extra assistance this season, check out our list below of 5 ways to prevent holiday stress.

1. Start planning early

Plan your holiday now, don't wait until the last minute! Decide where the festivities will be held early so you know whether you're hosting or traveling this winter. This will avoid any last-minute stress and allow you to enjoy the holidays more.

2. Make a budget

Make sure you know how much money you have to spend on presents, food, or decorations. If your gift budget is on the lower side, think about making gifts for your friends and loved ones. A thoughtful and homemade gift is sure to make anyone happy.

3. Buy gifts in advance

There's nothing more stressful than attempting to head to the mall on Christmas Eve or anxiously waiting for a package to arrive at the last minute. Avoid this unnecessary stress by getting a jump start on gift-giving this year.

4. Get a planner or calendar

Use this to organize your activities and ensure that everything is taken care of. Making a list of gifts for your friends and family members is a reliable way to ensure that no one gets forgotten.

5. Keep a calm head

Remember, this is supposed to be fun! If things start getting stressful, take a break from it all and come back when you're feeling better. Deep breathing exercises and mindfulness activities can help you to cool down in a pinch.

Call today at our new East Point location 404-446-1224 or Atlanta location 404-346-1526. Or visit www.ahpcpt.com.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave a review. We look forward to hearing from you!

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Who Do You Know That Needs Physical Therapy?

Do You Have Friends Or Family That Cannot:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!

CHOCOLATE HAZELNUT BISCOTTI

- 1 1/3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup butter, softened
- 1/2 cup chocolate hazelnut spread (recommended: Nutella)
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 3/4 cup chopped toasted hazelnuts



Preheat the oven to 375 degrees F. In a medium bowl combine the flour, baking powder, baking soda, and salt. Set aside. In another medium bowl combine the butter, chocolate hazelnut spread, sugar, and brown sugar. Using an electric mixer, cream the ingredients together, about 4 minutes. Add the egg and vanilla and beat until smooth, about 1 minute. Using a wooden spoon or rubber spatula, stir in the flour mixture until just combined. Add the hazelnuts and stir until just combined. Using a tablespoon measure, spoon out the cookie dough onto a cookie sheet, spacing the mounds about 4 inches apart. Use the tines of a fork to flatten the cookie dough. Bake until lightly golden around the edges, about 10 to 12 minutes. Use a metal spatula to transfer the cookies to a wire rack and let cool.

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***NEW LOCATION OPEN**

3015 CAMP CREEK PKY

EAST POINT, GA 30344

PHONE: (404) 446-1224

* PHYSICAL THERAPY HOURS ONLY. THIS LOCATION DOES NOT HAVE A FITNESS CENTER.

MON. WED. & FRI. | 8AM-6PM • TUES. & THUR. | 9AM-4PM

SAT & SUN. | BY APPOINTMENT ONLY