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WHAT TO DO FOR VERTIGO OR DIZZINESS

by Jim Jensen, BioMeridian Technician

Vertigo or “dizziness” is said to be the third most common complaint in general practice, and the most common complaint for people over seventy. While many people think dizziness is caused by inner ear problems, it very often originates with problems in the neck and responds well to chiropractic care.

Dizziness is a general term that covers a number of different symptoms. There is “lightheadedness” where one just doesn’t feel quite right in the head. Then there is feeling “faint” that doctors may call presyncope. The symptoms that chiropractic doctors can most often help are feelings of “disequilibrium” and “vertigo.” Disequilibrium is the feeling of being off balance– like being pulled to one side or like you could easily fall over. Vertigo is the feeling that the world is spinning around you, or perhaps you are spinning. **Vertigo often comes in momentary intense attacks after you turn your head, but sometimes it is a more subtle ongoing feeling. It is often accompanied with nausea**

In a 1991 study of 112 patients with vertigo originating in the neck **90.2% were symptom free after 18 visits.** While some of these patients had suffered for less than three months, 43 of the 112 had endured chronic vertigo for over three months so it is unlikely they would have recovered by themselves. **Of the 69 who suffered less than three months, 53 were symptom free after only eight visits.** So those with recent injury responded more quickly to chiropractic care.

Dizziness or vertigo can make life miserable, and sometimes dangerous. Don’t just suffer hoping it will go away. The longer you wait, the longer it will take for you to recover. **There is an excellent chance that chiropractic can relieve your symptoms of dizziness or vertigo and get your neck functioning normally again. So go ahead, give us a call, we want to help.**



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