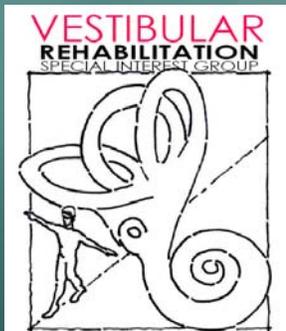


FACT SHEET



# What is Vertigo?

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## *What is vertigo?*

Vertigo is the sensation of spinning. Even though you are still, you may feel like you or moving, or that the room is moving around you. You may also have nausea, vomiting, sweating, and abnormal eye movements. If the vertigo is accompanied by double vision, difficulty speaking, a change in alertness, arm or leg weakness, or an inability to walk, you should go to the Emergency Room.

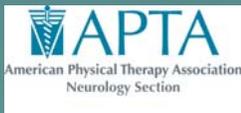
## *What causes vertigo?*

Most causes of vertigo involve the inner ear (*vestibular system*). All of the following can result in vertigo: inner ear infections or disorders, migraines, tumors, stroke, head injury, a hole in the inner ear and others.

If you can think about these questions, it can help your medical provider find the cause of your vertigo and the best treatment: When did you first have vertigo (the sensation of spinning)? What are you doing when you get vertigo (turning your head, bending over, standing perfectly still, rolling in bed)? How long does the vertigo last (seconds, minutes, hours, days)? Have you had vertigo before? Do you have hearing loss, ringing, or fullness in your ears? Do you have nausea with the spinning? Have you experienced changes in your heart rate or breathing?

## *How does physical therapy treat vertigo?*

Vertigo can often be treated by a physical therapist (PT). Specific treatment will depend on the cause of your vertigo, but can include head and neck maneuvers or other exercises to help eliminate your symptoms. Your balance and walking may still be impaired after your vertigo has stopped. Your physical therapist can also treat these problems and help get you back to your normal level of activity.



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