

# THE PHYSICAL THERAPY SPECIALTY CENTER NEWSLETTER



The Physical Therapy  
Specialty Center  
*a division of Primary Care Partners*

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## MARCH IS BRAIN INJURY AWARENESS MONTH


Our latest blog outlines one of the most common brain injuries – Concussions. Read below for a brief summary detailing concussions and be sure to check out our blog for more information!

Concussions, also known as a mild traumatic brain injury, occur when the head/body sustains a blow or jarring motion causing the brain to move inside the skull. Concussion symptoms can vary widely among individuals and can impact one's ability to return to normal daily life and routines. Some of the most common symptoms include headaches, dizziness, vision changes, memory issues, and difficulty sleeping. It is estimated that there are over 3 million concussions in the US each year. Physical Therapists trained in vestibular rehabilitation can help you in your recovery and get you back to the activities you enjoy.



MRI of the brain

**Around the clinic:** March is here and most of us are ready for warming temperatures. A few things to highlight in March are national day of unplugging and daylight savings. National day of unplugging is on the 5<sup>th</sup> of March, we suggest taking time away from your phones/computers and heading outside for some exercise. Daylight savings begins on the 14<sup>th</sup> so be sure to adjust your clocks accordingly.

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# Therapy Minutes

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This section is to keep you up to date and provide education regarding PT, OT, and Speech Therapy

## Physical Therapy: Benign Paroxysmal Positional Vertigo

You roll out of bed one morning and the whole room starts spinning! Ever had this happen before? Well, surprisingly enough it is fairly common. It is known as Benign Paroxysmal Positional Vertigo (BPPV). Vertigo is a common ailment that affects many adults and accounts for about 50% of dizziness symptoms in older adults. The most common disorder that causes vertigo is BPPV and nine out of every 100 adults are affected by it. Despite how common BPPV is, many are unaware that physical therapy is one of the best and most effective ways to treat and manage vertigo. BPPV is a condition where calcium crystals within the inner ear get dislodged and float into the wrong area of your ear canal. In PT we diagnose where that crystal has floated, by doing very specific tests, and then do a very specific maneuver to put the crystal back where it belongs. In most cases we only need to see patient's one time to get them relief. If you have any questions or are feeling dizzy don't hesitate to give us a call and see how we can help.

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## Occupational Therapy: Carpal Tunnel Syndrome

There are several reasons you may have numbness or tingling in one or both hands during the night or when you wake up in the morning. Sometimes the symptoms are minimal or they can be severe. It may feel like you want to shake your hands to wake them up, or your hands could feel weak and swollen even when there is no visible swelling. If any of these signs occur in the thumb, the index finger, middle finger and the inside half of the ring finger, it may be an indication that you have Carpal Tunnel Syndrome. The dominant hand is usually affected first although it can be in both hands. Excessive demands on the hands and wrists make this a very common condition. 1 out of every 20 people in the US are diagnosed with Carpal Tunnel. Anatomy: The Carpal Tunnel is a narrow passage located at the base of the palm side of the hand. It is the home of the median nerve and the tendons that bend the fingers. If pressure builds in this area, it can result in the previously stated symptoms above. If you are experiencing the symptoms above, PTSC can help. Give us a call today for an evaluation.

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## Speech Therapy: The Aging Brain

The brain is responsible for controlling many aspects of thinking. These areas can include memory recall, organization of thoughts, planning, and decision making. As people grow older, some changes in these thinking processes are common. These changes may include: Slower ability to find words and remember names, difficulty with multitasking, and decreased ability to pay attention or concentrate. A decline in one or more of these cognitive abilities affect how well we perform daily tasks. If you are experiencing any of the above outlined changes, including changes in your thinking and memory, you may benefit from Speech Therapy. Speech Therapy helps stimulate cognitive abilities through exercises and activities related to the underlying cognitive impairment.

