



Vertigo/Particle Repositioning Program

Using body positioning to relieve uncomfortable symptoms naturally

Vertigo is a sensation of dizziness, spinning or nausea caused when particles of the inner ear break loose and fall into the ear canal. Symptoms come and go until the particles find their way out of the canal, finally relieving the false sense of movement.

Vertigo may be attributed to a head injury, ear infection, aging, or a quick, forceful turn of the head, such as in a car accident. The sensation may occur upon lying down, getting up, rolling over, quickly turning the head, or looking up or down.

Physical therapy can help

While medication may help ease symptoms of vertigo, it does not address the root cause of the problem. Physical therapy can help move the particles out of the ear canal, allowing for a full recovery.

At Mercy, we offer evaluation and treatment of vertigo symptoms with a doctor's referral. Our physical therapists use a non-invasive, manual technique to position your body in ways that allow the particles to reposition, clearing the ear canal and relieving symptoms. Repositioning sessions typically last 30-60 minutes. Two or three sessions may be required to prevent symptoms from returning.

For more information or to schedule an appointment, call Mercy Therapy Services at 636-893-1100.

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