What can be done to help dizziness and/or imbalance?

Although there are natural physical changes that occur as we age, dizziness and loss of mobility are not “just part of getting older.” Dizziness and imbalance can be caused by a number of factors, such as poor posture or decreased strength, flexibility, and endurance. Other causes include injury, disease (arthritis, diabetes, etc.), inner ear brain disorder (Parkinson’s disease, stroke, etc) and/or the use of certain medicines. The good news: most dizziness and balance disorders can be successfully treated. There may be a clinic in your area that perform tests to determine the specific cause(s) of dizziness and imbalance that you might have. These physical therapists can then customize a treatment plan for you. If you think you have a balance problem or have dizziness, the best time to act is now! Ask your doctor or local physical therapist and see what steps you can take. Additional information may be found on the web sites: www.neuropt.org and www.vestibular.org