

When the World Starts to Spin

Vertigo discussion

Join Carlson Procure's Physical Therapists **Andrea Csizmadia** and **Tyler Herman** in a Fun interactive presentation with live demonstrations and open discussions

WHEN: JULY 13th at 2:00 pm

WHERE: New Fairfield Senior Center

Discuss the Common Cause



Dizziness and vertigo can make even the simplest movements feel overwhelming. Patients who turn to Physical Therapy often describe spinning sensations, sudden imbalance, or the unsettling feeling that the ground is shifting beneath them. These symptoms can create anxiety and make once-routine activities like shopping for groceries or driving feel unsafe.

These conditions often stem from problems in the body's balance system, including:

- Benign paroxysmal positional vertigo (BPPV)
- Weakness or poor coordination in the legs
- Postural changes that disrupt stability
- Side effects following illness or surgery

Find out Why Waiting Only Increases the Risk

Many patients try to push through dizziness, hoping it will pass. Unfortunately, vertigo episodes and balance problems often return more frequently when left untreated. Avoiding movement to minimize symptoms only weakens muscles and reduces coordination further. Over time, this cycle increases the risk of falls, injuries, and lost independence. Early care helps break the cycle and restores both confidence and stability.

Let's talk about what treatments are available to YOU!