

VERTIGO

Sudden bouts of dizziness and nausea type symptoms can come from multiple causes. One such cause is from a system located in your inner ear. This is called your vestibular system, and its purpose is to detect your head's location in its special surroundings. It is therefore an important contributor to balance and spatial awareness. Sudden onset of such symptoms caused by certain movements, such as of the neck from a lying to sitting position and vice versa indicate this system is the cause. Your vestibular system is made up of three semi-circular canals, each containing crystals which move through the canals with movements of the head. Sometimes, these crystals can get stuck. Your brain then becomes confused as the sensory input from your eyes and from your ears are contradicting each other. This results with nausea type symptoms with any movements of your neck and head, usually to one side in particular. Physiotherapists can perform a manoeuvre to correct this issue called the Epley's manoeuvre. Once performed the majority of vertigo patients will have their symptoms resolve alongside appropriate management. If you believe you are experiencing vertigo this manoeuvre can stop your symptoms in their tracks.

