



I ' M S O D I Z Z Y
MY HEAD IS SPINNING

Are you dizzy, feeling off balance, fuzzy headed, nauseous or panicky?

Have you had vertigo or labyrinthitis that hasn't quite gone away?

Dizziness problems sometimes go on for a while undiagnosed and unmanaged.

If you are dizzy, see your GP and ask for a referral for a physio dizziness assessment.

Dizziness, feeling off balance, having a “fuzzy” head, possibly feeling nauseous or panicky can come from unequal signals from the inner ear to the eyes and the brain.

The problem can start after a severe initial attack of vertigo or labyrinthitis. Sometime it just comes on for no reason. The symptoms are often quite unpleasant and frequently upsetting and disabling.

You will have an assessment to find out about your individual problems, for example which eye, head, neck or body movements are causing you to be dizzy or off balance.

The physio will explain your symptoms to you and will design a treatment and exercise plan **to help you recover and get back to you old self again.**