



### **What causes Dizziness?**

Dizziness can be due to injuries, disease, inner ear, and brain disorders such as diabetes, Benign Paroxysmal Positional Vertigo (BPPV), Parkinson's disease, multiple sclerosis, and stroke. Dizziness can also be caused by the use of certain medications.

### **Aging and Dizziness**

Dizziness and balance disorders are a common disorder, especially in older adults. It is one of the most common reasons for doctor visits and hospitalizations in people over the age of 65. Dizziness may be described as a general feeling of unsteadiness, rocking sensation, spinning, and lightheadedness and can increase one's risk for falls.

### **How does the balance system work?**

Good balance depends on a few factors. Correct sensory information from your eyes (visual system), muscles, tendons, and joints (proprioceptive input), and the inner ear (vestibular system) are important when it comes to your brain controlling balance.

For example, when walking in the dark, less information is received from your eyes and your brain using more information from your legs and inner ear. Another example, when walking on the beach, information from your legs and feet are less reliable and your brain is using more information from your eyes and inner ear. As your brain is receiving information, it sends information to your other balance systems so other parts of your body can move in a way that will help you keep your balance.

### **Why see a Physical Therapist for Dizziness and Falls?**

A physical therapist can help determine which system may not be working correctly and instruct you in exercises that can improve how your body uses all these systems together. Your physical therapist can tailor your plan to meet your goals and address problem areas.