



SERC *Physical and Hand Therapy*

Returning Patients to the Speed of Life

CASE MANAGER NEWSLETTER

FEBRUARY 2011 ISSUE

SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Work Injuries
- FCEs
- Work Conditioning
- Job/Ergonomic Analysis

CLINICS

Belton/Raymore
 Blue Ridge Tower
 Clinton
 Harrisonville
 KC North
 Kearney
 Lansing
 Lee's Summit
 Liberty
 Metro North
 Odessa
 Olathe
 Overland Park
 South Raytown
 Shawnee

CONTACT US

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FOCUS ON | Balance Disorders

A balance disorder makes you feel unsteady or dizzy, as if you are moving, spinning, or floating, even though you are standing still or lying down. This feeling of dizziness is also known as vertigo. Balance disorders can be caused by certain health conditions, medications, or a problem in the inner ear or the brain. Balance disorders can make it difficult to function in a variety of work place settings.

The vestibular system, located in the inner ear, provides sensory input and balance information to the brain. In normal healthy individuals, the vestibular system generates and relays balance signals to maintain balance and equilibrium.

However, if the brain does not receive adequate balance signals from the vestibular system, dizziness and vertigo can occur. A person with vertigo feels like the room is spinning, or he or she is spinning within the room. If symptoms persist, activities of daily living can become difficult, as can job duties, and the risk of falling increases.

One of the most common balance disorders is Benign paroxysmal positional vertigo, or BPPV. BPPV is characterized by brief, intense episodes of vertigo caused by changing head positions. It only lasts from a few seconds to minutes, and goes away if the head is not moving. BPPV may lead to imbalance and frequent episodes of dizziness if untreated.

A trained physical therapist can address BPPV and often help patients within only a few treatment sessions. Therapists also treat residual balance issues associated with this condition.

The physical therapists at SERC have extensive education and training background in treating BPPV and other balance disorders. Our therapists have dedicated their skills to meeting the needs of our patients, and assisting them in returning to work and to the lifestyle they want to lead.



PHYSICAL THERAPY CAN HELP

MEET THE STAFF

Shanna Stewart, PT

Shanna is a physical therapist at SERC of Overland Park. She is a graduate of Kansas State University and the University of Kansas Medical Center. Shanna has worked for SERC since 2007. She enjoys working with a variety of orthopedic and vestibular diagnoses.

In her free time, Shanna likes to cook, run, and spend time with friends and family.