



Returning Patients to the Speed of Life

# Physical & Hand Therapy

Centralized Scheduling

Phone (913) 384-1642 or (816) 554-9559 • Fax (913) 384-0558

www.serctherapy.com

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## SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
  - spinal disorders
  - pre/post-op surgical disorders
  - repetitive stress disorders
  - hand and upper extremity injuries/disorders

## OUR CLINICS

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

## In the Clinic: Balance Disorders

This month's feature is Balance Disorders, specifically Benign Paroxysmal Positional Vertigo (BPPV).

### WHAT IS VERTIGO?

Vertigo is an illusion of movement or dizziness. The most common cause of vertigo is BPPV, a condition that involves the inner ear. It is characterized by:

1. Brief episodes of dizziness when the head is turned in certain positions
2. Can appear suddenly

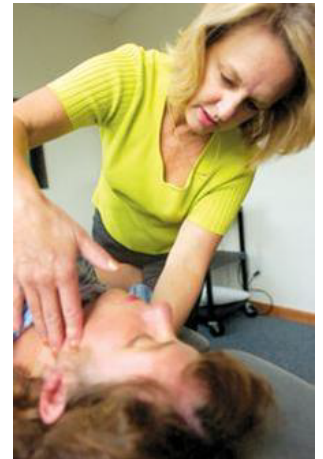
or may appear after trauma

3. Patients report symptoms when laying down, rolling over in bed, bending over, or looking up

### PHYSICAL THERAPY CAN HELP TREAT THIS CONDITION

A trained physical therapist can address the inner ear condition and often help patients within only a few treatment sessions.

Therapy can also address residual balance issues



associated with BPPV. A home exercise program can assist patients to feel more steady and reduce the risk of falls.

Interested in receiving a 30-minute

### FREE BALANCE SCREENING?

Call the Mid America Balance Institute at 816-265-6150

## Meet the Staff: Shanna Pederson, 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.