

# HEALTH & BEAUTY

ADVERTISING FEATURE

## Do you regularly experience dizziness or vertigo?

Hibiscus Neuro Rehab provides a highly regarded vestibular rehabilitation service.

The vestibular system includes parts of the inner ear and brain that help control balance and eye movements. If the system is damaged by disease, aging, or injury, vestibular disorders can result, and are often associated with vertigo and dizziness. They can have a hugely negative impact on a person's daily life.

Dizziness can restrict a person's day to day activities. It also leads to an increased risk of falls and a more sedentary lifestyle.

In fact studies show around 15 per cent of the population experience dizziness, and one in three people visit their doctor complaining about ongoing dizziness.

These conditions are common but largely misunderstood, so people don't always know what to do, or even where to go to receive help.

If you experience any symptoms your first point of call should be Sarah Hopkins from Hibiscus Neuro

Rehab.

Sarah says there is strong evidence to support canal repositioning techniques for BPPV and exercises for other vestibular disorders are effective at reducing symptoms of vestibular disorders and improve function.

Vestibular disorders can occur from something as simple as an ear infection to something more complex like a brain injury. The underlying cause of symptoms is a mismatch of sensory information between the eyes and ears, and the position sensors in the feet and neck.

Impairment can also cause nystagmus where the eyes look involuntarily from side to side in a rapid, swinging motion rather than staying fixed on an object or person.

Vestibular rehabilitation is a branch of physiotherapy, which is often provided by neurological physiotherapists.

The good news is there are some excellent treatments to help with this condition too.

In the past patients, from

children to 90 year olds, have been successfully treated. It doesn't matter how long you've had these symptoms either - after 18 years it's possible to reach a positive outcome.

Sarah regularly treats all age groups in a home-based setting, or at the Health Hub in Karepiro Drive, and takes a holistic approach. Rehabilitation exercises can often be done in your own home, outdoors or at the beach.

The benefits of seeing someone with so much experience is they can assess and screen you fully and properly.

"If you have any concerns you should give me a call," Sarah says. "We encourage independence and achieving individual goals."

Sarah lives locally in Army Bay and can travel to people's homes for treatments. She is joined by two other physiotherapists Ulrika Viking and Manuela Stadler.

If you have any questions feel free to give Sarah a call on 09 424 3254, email sarah@hibiscusneurorehab.co.nz or visit www.hibiscusneurorehab.co.nz.



Sarah Hopkins on Orewa Beach showing some of the rehabilitation exercises that can be used to successfully treat vestibular disorders associated with vertigo, imbalance and dizziness.

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