

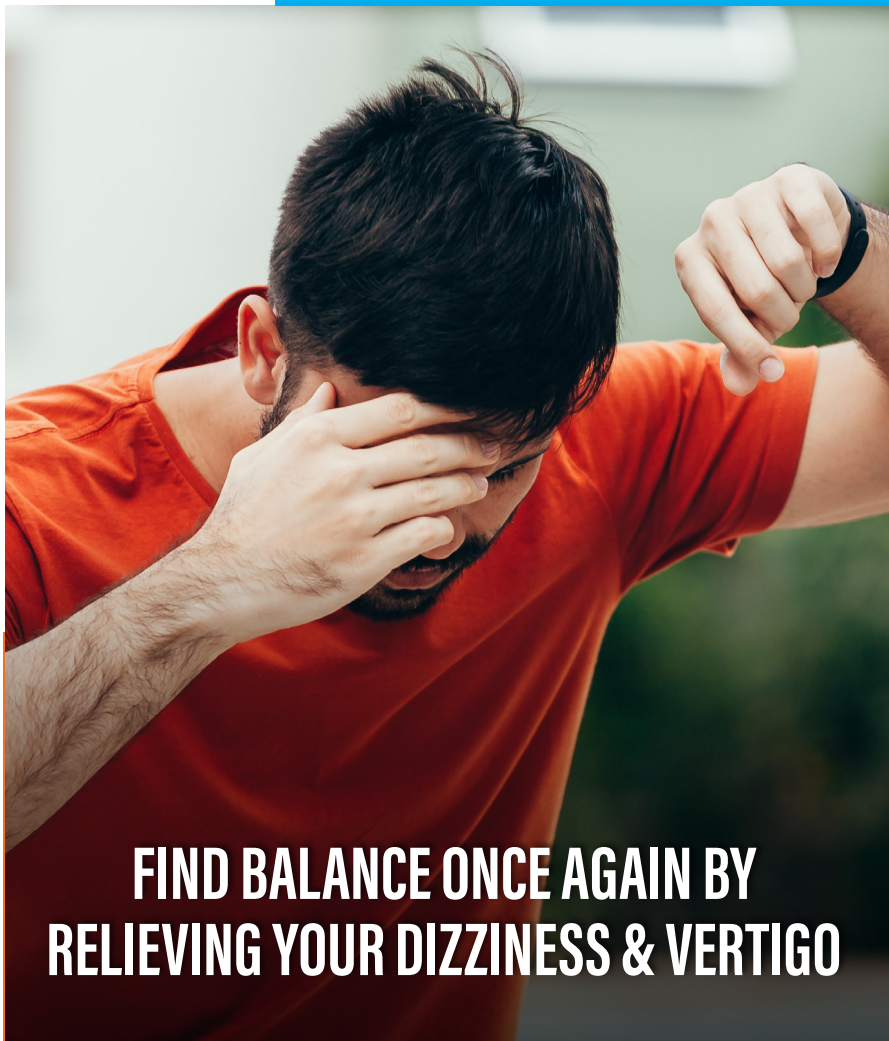


**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

# NEWSLETTER

PERFORM BETTER, RECOVER FASTER, STAY IN THE GAME

OCTOBER 2021



## FIND BALANCE ONCE AGAIN BY RELIEVING YOUR DIZZINESS & VERTIGO

**INSIDE:**

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Leaps And Bounds

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## FIND BALANCE ONCE AGAIN BY RELIEVING YOUR DIZZINESS AND VERTIGO

Balance is a big deal in our everyday world, but we take it for granted. Just think how long it took you to master walking, running, and jumping as a child. Your balance system is incredibly complex, and allows you to walk around over steps, and obstacles without thinking. However, when balance is affected, it can be difficult to perform daily tasks and activities you enjoy.

According to the Centers for Disease Control and Prevention, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury."

Dizziness and vertigo are common reasons why someone may experience issues with balance or sustain an unexpected fall. We've all had the sensation of being dizzy - as if you can't focus, can't see straight, can't stand upright without swaying or falling. You may even experience "tunnel vision," where your peripheral vision goes dark for a few seconds.

Dizziness is common and can have many causes. Vertigo, however, is a little different. While dizziness is typically synonymous with "lightheadedness," which creates the illusion of being unsteady, vertigo is typically a response to a physiological factor that is causing a quite literal imbalance in your body.

Those experiencing vertigo have reported feeling as if they are "rocking" or "spinning," even when they are sitting still.

Physiotherapy for dizziness and vertigo is a common and effective course of treatment. For inquiries regarding vertigo testing, don't hesitate to contact Leaps and Bounds. If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call our office today to schedule an appointment with one of our experienced physiotherapists.

### **WHY IS MY BALANCE COMPROMISED BY DIZZINESS AND/OR VERTIGO?**

Just a few of the many factors that can lead to dizziness include lack of sleep, poor nutrition, overexertion, or a physical ailment, such as a head cold or the flu. Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest. Some accompanying symptoms to dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision (i.e. tunnel vision)
- Feeling woozy or faint

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# IMPROVE YOUR BALANCE WITH LEAPS AND BOUNDS

The causes of vertigo aren't nearly as vast. In fact, vertigo is most commonly caused by an imbalance in the inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When this is impaired, the necessary messages become blocked from your brain, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods of time, or you can't stand/move properly without feeling like you'll topple over. Some common causes of vertigo include:

- **Benign paroxysmal positional vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in. This can cause sudden spinning sensations (vertigo) and inner-ear discomfort.
- **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes "ringing" sounds in the inner-ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.

- **Vestibular neuritis.** This is an inner-ear infection that can cause vertigo.
- **Migraines.** Migraines can impact your vestibular system, thus causing episodes of vertigo which may be coupled with sensitivities to light or sound. Vision may also be impaired.
- **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

### Some accompanying symptoms to vertigo may also include:

- Inability to focus or remain alert.
- Difficulty seeing or speaking.
- Double vision.
- Sweating.
- Nausea or vomiting.
- Abnormal eye movements.
- Arm or leg weakness.

### HOW WILL PHYSIOTHERAPY HELP?

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter what the cause may be, physiotherapy for dizziness and vertigo can help. Leaps and Bounds



HELP US HELP  
OUR COMMUNITY!



This month we will be raising money for [Oakville Dads Community Fund](#). We will donate \$10 for every Google review we receive!

DO GOOD – LEAVE US A REVIEW TODAY!

LET'S GET  
SOCIAL!

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!



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has some of the most advanced techniques for diagnosing and treating both dizziness and vertigo, including vestibular rehabilitation and physiotherapy exercises.

Vestibular rehabilitation includes treatments such as the Epley maneuver, which allows for canalith repositioning to move the broken calcium crystals in patients experiencing BPPV, as well as Cawthorne head exercises, which focus on decreasing nerve sensitivity and improving vertigo.

Physiotherapy is very important to strengthening joints and learning the right exercises to relieve dizziness and vertigo, in order to improve balance. A professional can help you develop a program that plays into your strengths while increasing your ability to balance and reduce bouts of unsteadiness. Contact Leaps and Bounds today to get started!



**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

## WE ARE HIRING!

We are looking to add a superstar to our client experience team! The full-time position is set to start in December, starting with training. No evenings/weekends required. The position also presents an opportunity for growth to an office manager position.

### Position

We require an enthusiastic individual to regularly engage with clients, along with ensuring the experience is kept at a high quality. This is an ideal position for someone looking at putting their customer service skills to work and utilizing their creative energy.

The ideal candidate should have previous customer service experience in gym/fitness settings, retail, or hospitality.

### Required Skills

- High-quality interactions with clients of the facility over the telephone or in-person
- Delivering client services such as inquiries, bookings, payments
- Administrative tasks as assigned
- Maintenance and upkeep of the facility
- Understanding and selling related health care services and products
- Preparing and implementing marketing events
- Developing and delivering company promotions and onsite marketing events

### Compensation

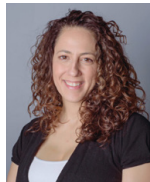
- \$30K - \$34K paid hourly
- Eligible for Health Spending Account



*Have you suffered a recent injury? Are you fighting an old injury? Our multidisciplinary team can help get you back to enjoying the activities you love – and help prevent further injuries. To learn more about how you can feel better faster, contact our clinic TODAY!*

**(905) 847-5227!**

## STAFF SPOTLIGHT



### CAROLINA ROTONDO *BSC, MPT*

Since 2010, Carolina has been a member of Healthy Dancer Canada, a non for profit organization that is the Canadian leader in facilitating communication and collaboration between the dance community and health care professionals in order to enhance the health and well-being of dancers of all ages and genres. As Chair of HDC's Dancer Screening Committee, she has pioneered the development of a Dancer Screening Tool for health professionals and dance instructors. As part of her extensive experience in performing arts medicine, Carolina has had the immense pleasure of working backstage as an on-site treatment provider for various Broadway and off-Broadway tours that travel to the GTA. In addition, she is a consultant for Canada's prestigious Ballet Jorgen. Carolina is MDT certified. Better known as the Mckenzie Method, it allows her to provide advanced and reliable musculoskeletal assessment and treatment procedures for people suffering from back, neck and extremity pain. In addition, Carolina has gained extensive knowledge and invaluable experience treating acute and post-concussion syndromes, as well as vestibular disorders.

