

REGENERATE NEWS



Gymformation Dizziness and Physiotherapy



There are many different causes of dizziness, just like there are many different sensations associated with “feeling dizzy”. Dizziness can feel like light-headedness, giddiness, or feeling like the room is spinning. More specifically, the symptom of vertigo is described as any sensation of movement when movement is not actually occurring. Vertigo is the primary symptom of conditions of dysfunction of the vestibular system, a complex system which allows us to detect static positions of our head and body in space, as well as to detect when and how our head is moving. This system works together with information from our vision, our joint receptors and other complex systems to control our balance and keep us upright. If there is a disruption to the vestibular system we lose the ability to tell where our head is in space, and instead perceive a false sense of movement that is not actually occurring (usually in the form of the room spinning around us).

One of the most common causes of vestibular dysfunction is a condition called Benign Paroxysmal Positional Vertigo (BPPV). In our inner ear we have 3 semicircular canals that are filled with fluid. When we move our head, the fluid in these canals moves and we can detect in which direction and how quickly our head has moved. In BPPV there is a formation of crystal particles (called Otoconia), which can fall into one of the canals. As a result of this foreign object the flow of fluid within the canal is disrupted, and gives us the sense that we are still spinning even when our head has stopped moving. The cause is unknown, though the prevalence increases with age, and is more common in females. The treatment for BPPV is usually a positional technique to move the particle out of the canal where it can hopefully be reabsorbed. Following the treatment of this condition patients are often left with residual symptoms of imbalance or sensitivity to motion. This is the result of over stimulation of the vestibular system from having BPPV, causing the system to be overly sensitive to small innocuous movement. Often the treatment plan will continue as vestibular rehabilitation, with the purpose of desensitising the overall system to normal movement. This will usually involve a series of exercises focusing on head and eye movement, and balance exercises.

In addition to BPPV there are many other causes and contributing factors to symptoms of dizziness and vertigo. These include but are not limited to cervical spine (neck) dysfunction, headaches and migraines, viral conditions and infection, as well as some specific conditions such as Meniere’s disease. A CT scan and review with a specialist may be required if the symptoms suggest one of the latter conditions, but this can often be screened for by a Physiotherapist or clinician who treats vestibular conditions.

If you are experiencing dizziness or vertigo book in with Physiotherapist Leah Mitchell next door at Regenerate Physiotherapy. Leah has a special interest in the assessment and treatment of balance and dizziness disorders. Ph: 9284 0388.



Changing the face of men's health

November is men's health awareness month, specifically for raising awareness of prostate cancer, testicular cancer and mental health. By taking a few simple steps such as maintaining a good diet and taking action early when

experiencing a health issue every man can improve their chances of living a long and healthy life. Here are a few suggestions to help you to be the best you can be:

1. **Know your numbers** - Keep track of your BMI, waistline, blood pressure and cholesterol levels.
2. **Manage your stress** - Take some time out to reflect on what makes you feel better and do something you enjoy, like working out at the gym!
3. **Stay mentally healthy** - There will be days when things don't go your way. To cope with these times, take positive action by working on improving your mental health and wellbeing, just as you would with your physical health and fitness. It's important to remember that it'll get better.
4. **Move** - Maintain 20 to 30 minutes of physical activity, 3 to 5 days a week.
5. **Drink alcohol in moderation** - Alcohol can be a part of a healthy, well balanced diet but only if consumed in moderation. Give yourself the option of having alcohol free days to detox your body.
6. **Eat a healthy diet** - Moderation is the key. Fill up with fruits, vegetables, whole grains, healthy proteins and eat foods low in saturated fats, trans fats, cholesterol, salt and added sugars.
7. **Keep smiling :)**



*Take care of your body. It's the only place you have to live.
- Jim Rohn*

Parking at Regenerate Gym

As you may be aware, Alzheimers Australia have moved out of the building which means we currently can make use of the free bays down the side of the gym until further notice. New reticulation has been installed on the grassed area to the south of the gym carpark so we would appreciate it if you could avoid parking there. Thank you.

Are you interested in a Pilates circuit class?

Regenerate Fitness and Rehabilitation will be starting a Pilates circuit class Wednesday mornings at 6am with Jo, one of our Exercise Physiologists. If you are interested in this class, please chat to a staff member at the gym. Classes are due to start mid November and places are limited!

Regenerate in social media



Check out our new Instagram page for all things Pilates! Follow @regeneratepilates for great Pilates exercises.



Like Regenerate Fitness and Rehabilitation on Facebook for all the latest articles on health and fitness, as well as the latest gym specials.

Bring a friend along to trial Regenerate Fitness and Rehabilitation free for a week! If your friend becomes a member of Regenerate gym during November you will receive a free month added onto your membership!