



I ' M S O D I Z Z Y  
MY HEAD IS SPINNING

**Are you dizzy, feeling off balance, fuzzy headed, nauseous or panicky?**

**Have you had vertigo or labyrinthitis that hasn't quite gone away?**

**Dizziness problems sometimes go on for a while undiagnosed and unmanaged.**

**If you are dizzy, see your GP and ask for a referral for a physio dizziness assessment.**

**Dizziness, feeling off balance, having a “fuzzy” head, possibly feeling nauseous or panicky can come from unequal signals from the inner ear to the eyes and the brain.**

The problem can start after a severe initial attack of vertigo or labyrinthitis. Sometime it just comes on for no reason. The symptoms are often quite unpleasant and frequently upsetting and disabling.

**You will have an assessment to find out about your individual problems**, for example which eye, head, neck or body movements are causing you to be dizzy or off balance.

The physio will explain your symptoms to you and will design a treatment and exercise plan **to help you recover and get back to you old self again.**