

What is it?

Vertigo is a sudden sensation that feels like you are spinning, or on a boat. For example, like something is moving that should not be moving.



Stroke Prevention Clinic

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References

<https://saskphysio.org/for-the-public/conditions-treated/concussions-and-dizziness/>

<https://www.mayoclinic.org/diseases-conditions/dizziness/symptoms-causes/syc-20371787>



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Vertigo

Stroke Prevention Clinic

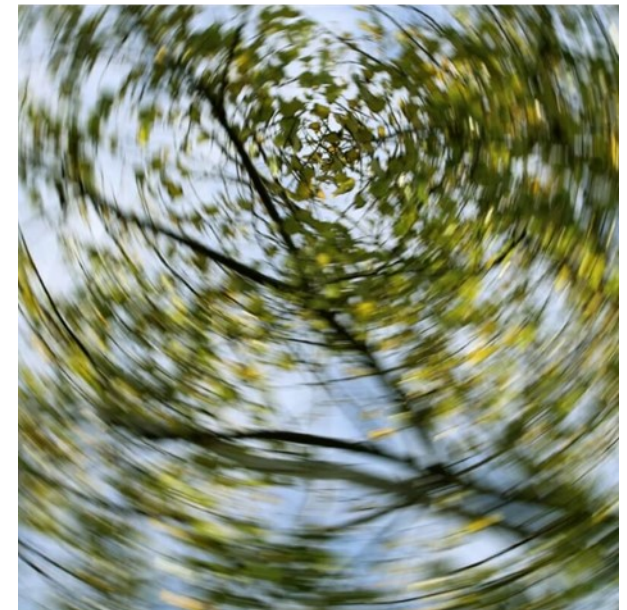


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Symptoms

Symptoms of vertigo can come and go or be prolonged, depending on the case. Vertigo can be brought on by position changes (from sitting to standing) or a change in head position (turning, looking up, etc.) Other symptoms include:

- dizziness
- nausea
- vomiting
- feeling unsteady on your feet
- vertigo – like you are on a ship or your head is spinning

Causes

Often vertigo is idiopathic, meaning a cause could not be found. It can occur after a head injury, with migraines, Meniere's disease or when the crystals that help detect movement in the inner ear are affected.

Diagnosis

Your neurologist has you perform a series of tests to help determine the cause of your vertigo.

These tests include:

- looking for vertigo with position and head position changes
- involuntary eye movements called nystagmus (eyes darting back and forth)

An MRI may be ordered if a cause cannot be found based on your symptoms and neurological assessment.



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Treatment

You may get a referral to a physiotherapist who specializes in vertigo. This is called vestibular therapy. They can perform an assessment to determine which balance exercises and treatment would be beneficial to you, and if any mobility aides are required.