

Shown here is Karen Humphrey, Physical Therapist and Certified Vestibular Therapist, using video frenzel lense technology to treat patient Cathy Tremain's vertigo.



Technology Now Available for Treatment of Severe Bouts of Vertigo

Anyone who has experienced vertigo, or dizziness as most of us refer to it, will tell you it is not something you want to endure. Its effects can last less than a minute or more than a day at a time. It can make someone feel like the room is spinning or they are spinning. The dizziness can also be so severe that it causes nausea and vomiting. Often the culprit is a problem associated with the inner ear called Benign Paroxysmal Positional Vertigo (BPPV). This condition causes dizziness due to calcium carbonate crystals which have shifted to the wrong portion of the inner ear.

The good news is there is help. McLaren Therapy Services staff is now using state of the art technology that not only assists in treatment but also shows patients what exactly is happening to them. Thanks to a generous donation by the McLaren Flint Auxiliary Volunteers, Therapy Services was able to purchase video frenzel lenses which assist in the diagnosis and treatment of patients experiencing vertigo.

"The technology includes a set of goggles, equipped with magnifying lenses and cameras that record a patient's eye movements during vestibular testing," states Karen Humphrey PT, a Certified Vestibular Therapist. "The lenses help us make a more accurate determination of a patient's condition. We can share the recordings with patients so they can see how their eye movements tell what condition they are experiencing or with other health care providers when coordination of care is needed."

Cathy Tremain, age 57, of Flushing, had bouts with vertigo earlier this year. As a retired McLaren Flint employee, she was aware of the repositioning treatment option. What she was not expecting was to literally see what was happening with her very own eyes.

"The lenses really allowed me to understand what Karen was explaining about how the pattern of my eye movement helps her with the actual treatment of my condition," states Cathy. "I definitely recommend the treatment to others. They will experience relief right away."

Actual treatment involves repositioning of the crystals in the inner ear. The patient is moved through a series of positions to guide the crystals back where they belong in the inner ear. Using the video frenzel lenses allows specialists, like Karen, to more easily determine where the crystals have shifted. In most cases symptoms of vertigo can be resolved in as little as one to two treatments. McLaren Therapy Services also treats patients with other vestibular conditions such as vestibular neuritis, Labyrinthitis and balance issues.

Most insurances pay for either the crystal repositioning or balance treatments but a physician referral is required. For more information on either treatment option, call McLaren Physical Therapy and Sports Medicine at 810-342-5350.



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