



VERTIGO

Vertigo or dizziness is the third most popular symptom for consultation after fever and back pains and is also a very common symptom in **pregnant women**. In most cases, no organic cause is found and all the paraclinical exams are normal with the exception of an often-present cervical degenerative osteoarthritis or arthrosis on the X-rays.

1. Where does it come from?

Often, mild or benign causes are at the origin of the dizziness.

- Sometimes it is of a circulatory origin. The small vessels which irrigate the internal ear are damaged by the arteriosclerosis and the internal ear is less irrigated.
- Acute, multiple or direct trauma on the skull or on the cervical spine can cause dizziness.
- The cervical degenerative osteoarthritis or arthrosis can cause mechanical blockages on the arteries that are going to irrigate the internal ear by pressing on the wall of vessels.
- Finally, the dizziness due to Ménière disease, which associates dizziness, deafness and hummings of the ear, is due to a hyper pressure in semi-circular canals.



2. Treating dizziness by Osteopathic Manipulative techniques:

Osteopathic Medicine is without any doubt the treatment that gives the best results for dizziness.

• Vertebral manipulation

The irritation of certain nerve endings by the blockage of small muscles of the neck due to vertebral blockages can cause dizziness and sometimes hummings of ear. The vertebral osteopathic manipulation eliminates almost immediately all these annoying symptoms.

Certain dizziness, which appears only in a sleeping position and also through the passage from a sleeping position to a seated one, is due to a dysfunction in the sensory cells of the internal ear. The treatment in this case is simple, through a specific Osteopathic Manipulative Technique of the first cervical vertebra (Atlas) which improves quickly and sometimes definitively eliminates the invalidating clinical symptoms.

• Cranial Osteopathic Medicine

Dizziness, whatever is the origin, are very often improved by the cranial osteopathic manipulation which allows the reduction of the tensions between the bones of the skull and liberates also all the soft tissue tension which equilibrates the blood flow throughout the inner ear. It has also a specific effect on the cervical tensions as well as anxiety and sleeping disorders.

The patient, mostly in Lebanon, should always verify that the practitioner is a Medical Doctor registered in the LOP (Lebanese Order of Physician) to avoid any misconduct or any delay in the treatment.

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OSTEOPATHIC MEDICINE

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