

ASK THE CHIROPRACTOR

Vertigo and whiplash may be connected

Question: My mom has severe vertigo and has seen many specialists without any relief. The medications the physicians gave her did not help either. Recently she shared with me that her vertigo started about the same time her neck pain did. Is there a correlation between the two and can chiropractic help?

Answer: Vertigo is defined as a sensation of dizziness. There are many causes of vertigo including inner ear disturbances, visual dysfunction, neurological disorders, and many more. As you have already discovered, getting an accurate diagnosis as well as an appropriate cure can be exhausting. Most modern medications are geared to give relief but fail to correct the cause as your mom has experienced. As chiropractors we look to the cause of the condition by looking at the source of nerve supply to the malfunctioning tissue involved. It may not have been a coincidence your mother's neck pain occurred around the same time her vertigo did. There is direct nerve supply from the cervical nerve roots into the eyes, ears, nose, throat, and entire cranial region. A disruption of the nerve supply to any of these areas could have a direct or indirect effect on the sensation of dizziness.

In my chiropractic practice many patients complain of vertigo upon their initial consultation. I have found that this is a common symptom secondary to a whiplash type injury to the neck area. It has also been clinically evident as the neck condition improves so does the symptom of vertigo. You should not take

vertigo lightly. Although many patients respond well to chiropractic adjustments, there is a chance that a more severe underlying condition exists. Persistent or progressive irritation of the vertigo may require extensive diagnostic testing including a brain computerized tomography (CT) scan, magnetic-resonance imaging (MRI), and nerve testing. Our philosophy is to start with conservative care and proceed only if no progress is made or symptoms increase.

Quote of the week: “He who overcomes others is strong, but he who overcomes himself is mightier.” – John Henry Patterson