ATLINEA™

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VERTIGO/VESTIBULAR

INFO SHEET

A GUIDE FOR THE MOST
COMMON CAUSES OF DIZZINESS

OVERVIEW

OBJECTIVE

The vertigo/Vestibular Cheat Sheet was made to help patients understand the potential cause of your vestibular symptoms.

Many patients with vestibular disorders are misunderstood and misdiagnosed by their doctor.

Some patients think they have vertigo when they don't. Others think their vertigo is caused by crystals, when it's really caused by something else.

This guide was made to help you describe your symptoms and match it to the most common vestibular disorders.

METHOD

On the following chart, you will be asked to identify key factors that describe your experience of vertigo or dizziness.

Some readers will be able to identify a single disorder that matches your experience . More than likely, you will be able to narrow it down to 2-3 options.

For additional assistance, make sure to discuss this with your health care provider.

DISCLAIMER

This cheat sheet is for educational purposes only. A diagnosis can only be made by a health care provider who has performed a thorough examination and consultation.

VERTIGO/VESTIBULAR CHEAT SHEET

SENSATION	TIMING	TRIGGERS OR HISTORY	CONDITION
EPISODIC SPINNING	20-60 SEC	TURNING OR LAYING DOWN	BENIGN PAROXYSMAL POSITIONAL VERTIGO
ACUTE SPINNING	HOURS-DAYS	RECENT HISTORY OF EAR INFECTION OR RESPIRATORY ILLNESS	VESTIUBLAR NEURITIS - UNILATERAL VESTIBULAR HYPOFUNCTION
EPISODIC SPINNING	HOURS-DAYS	HISTORY OF MIGRAINE HEADACHE AND EASILY MOTION SICK	VESTIBULAR MIGRAINE
EPISODIC SPINNING	HOURS-DAYS	HEARING LOSS WITH RINGING AND FULLNESS IN THE EARS	MENIERE'S DISEASE
CHRONIC DYSEQUILIBRIUM	CONSTANT, WORSE WITH HEAD MOTION	PREVIOUS SPINNING EPISODE AND INFECTION HISTORY	UNCOMPENSATED VESTIBULAR HYPOFUNCTION
CHRONIC DYSEQUILIBRIUM	EPISODIC, WORSE WITH HEAD MOTION	HISTORY OF NECK PAIN OR PREVIOUS HEAD/NECK INJURY	CERVICOGENIC DIZZINESS
ROCKING AND SWAYING	CHRONIC. WORSE WITH BEING STILL	HISTORY BEGAN AFTER GETTING OFF A BOAT OR PLANE	MAL DE DEBARQUEMENT SYNDROME
HEAD PRESSURE AND NAUSEA	CHRONIC. WORSENED WITH MOTION	SICKNESS IN CARS, BOATS, OR VISUAL ILLUSIONS MOVEMENT	MOTION SICKNESS
LIGHTHEADED OR FEINT	CHRONIC. LASTS SECONDS TO MINUTES	SYMPTOMS BROUGHT ON BY GETTING UP QUICKLY	ORTHOSTATIC HYPOTENSION
UNSTEADINESS AND LOSS OF BALANCE	SUDDEN, CONSTANT, AND CHRONIC	DOUBLE EAR INFECTION OR MEDICATION USE	BILATERAL VESTIBULAR LOSS
UNSTEADY, LIGHT HEADED, AND FLOATING	CHRONIC. COMES AND GOES AND LASTS HOURS	TRIGGERED BY BUSY VISUAL STIMULUS AND CHANGING POSTURES	PERSISTENT POSTURAL PERCEPTUAL DIZZINESS

As you go through this cheat sheet, you may notice that your symptoms fit multiple disorders and that's okay. Many patients with Meniere's Disease can also have BPPV. Many patients who have had vestibular neuritis in the past can develop persistent postural perceptual dizziness.

It's important that this sheet isn't used to definitively diagnose your illness. This is a tool to help you discuss your symptoms with a healthcare provider which can then help guide appropriate testing and treatment.

If you want to discuss this with one of our doctors, feel free to reach out and schedule a virtual consultation by calling **561.247.0044** or emailing us at **frontdesk@chiropractorwellington.com**