

Vertigo is a condition that results in dizziness, loss of balance and a spinning sensation. Most doctors look to the inner ear for the cause of vertigo, however the cause of this condition is often found elsewhere.

A significant portion of your nervous system is dedicated to what is called spatial awareness. In other words, where you and all your various body parts are in relation to each other and the world around you. There are millions of sensors embedded throughout your body that send signals to your brain and the brain processes this information to give you this sense. When these signals don't match up; when one set of sensors is telling your brain one thing, and another set of sensors is telling your brain another, you experience a loss of coordination or balance.

Vertigo can result when information from your inner ear does not match with information from your vision. More significantly, vertigo can result when information from your inner ear does not match information coming from position sensors in your neck. In this instance there can be a problem with either the inner ear or with the neck or in rare cases both. The inner ear can develop crystals or it can become infected. Either can result in vertigo. An infection of the inner ear is not the same as an ear infection of the middle ear that children often get.

Although inner ear infections can occur, they are not typically the cause of vertigo. Between the inner ear and the neck, the most vulnerable of the two to malfunction, is the neck. It is constantly exposed to stresses from poor posture and daily activities. It can also be injured from falls, car accidents and sport injuries. In order to help vertigo that is caused by neck malfunction, the specific malfunction must be identified and corrected.

A study published just last month evaluated chiropractic care for vertigo. There were 60 study participants. All 60 had medically diagnosed vertigo, but did not respond to medical treatment. Of the 60, 56 had reported some type of head or neck trauma sometime prior to the vertigo. After completion of between 1 to 6 months of chiropractic care, 48 were symptom free. The other 12 noticed improvement in their vertigo, but not complete resolution.

For all health conditions, it is essential that the cause be addressed. There are medications that are commonly used to treat the symptom of vertigo, but if it is caused by a problem in the neck, it is not likely to resolve completely without correcting the neck problem. That is why chiropractic care can be so essential for these cases of vertigo.