

Q&A – Dizziness
Ask the Physical Therapist
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Q: When I roll in bed, I get dizzy and the room starts spinning. What could be causing this? This is one ride I would like to get off.

A: One possible cause is loose crystals in your ear canals that provide your sense of balance. Your eyes try to respond to the mixed signals from your ears, with the resulting intense room-spinning sensation. Talk to your physician first to rule out more serious conditions. If the cause is these crystals, your OST physical therapist can perform techniques to relocate them.

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