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## Round and Round You Go!

Many people seek chiropractic care for low back, mid back or neck pain, but where can they turn to for balance and/or dizziness as they often go together? Can chiropractic management help people suffering from frequent falls due to balance and/or dizziness problems?

When considering treatment for balance, we must consider the "Proprioceptive System." The body communicates between its parts through proprioceptors, located in the muscles and the joints, that relay information to the brain. This information from the various body parts is then integrated with incoming information from the vestibular system (inner ear). The brain also relies heavily on the cerebellum, located in the back of the head, which is largely responsible for coordinating the unconscious (automatic) aspects of proprioception. The ability to maintain balance is dependent on all three of these systems working properly.

John G. visited The Holis-



**Dr. Rochelle Bien & Dr. Michael Goldstein**

tic Center at Bristol Square office complaining of dizziness and loss of balance. This started after he had a bad cold and had been sneezing and coughing. He had been to his primary care physician who told him his issues were from a virus and would eventually go away on their own. After suffering for over two weeks with these

symptoms, John decided on a second opinion at the Holistic Center. Upon his exam, it was discovered that John had benign paroxysmal positional vertigo (BPPV), and needed separate treatment from the virus that had most likely initiated the problem. After being put on a regimen of chiropractic adjustments and specific exercises, the

dizziness and loss of balance started to resolve.

If you or a family member are suffering from BPPV or balance and/or dizziness problems contact The Holistic Center at Bristol Square, located at 1426 Main St., in Walpole. Call (508) 660-2722 to schedule an appointment with Dr. Bien or Dr. Goldstein.