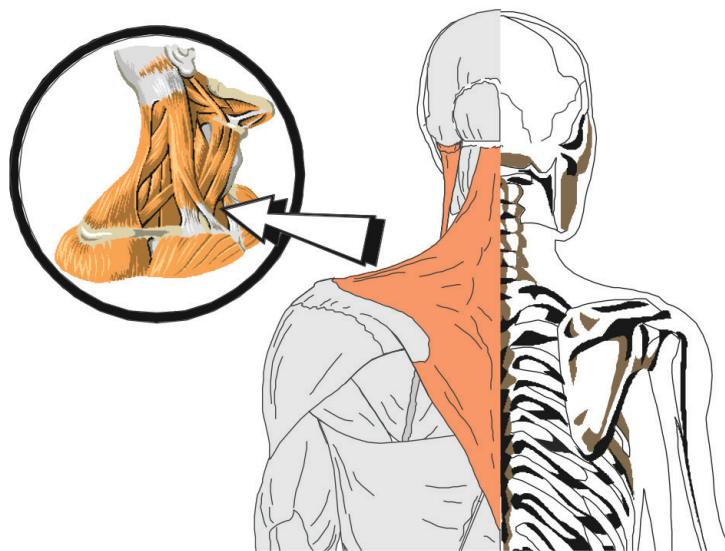


# Cervical Dizziness

Cervical vertigo is caused by inflammatory or degenerative changes in the cervical spine or neck musculature. Abnormal neuromuscular conditions within the neck's proprioceptors will disrupt sensory integration function. Symptoms may include dizziness arising from head flexion or neck torsion. It may be accompanied by stiff or tense neck muscles, guarded motion and referred pain to the head, neck or arms.



## Treatment Options Include:

- Manual Treatment
  - Myofascial Release
  - Trigger Point Therapy
  - Joint Mobilization
- Therapeutic Exercise