

# Can a Chiropractor Help with Vertigo? Here's What You Need to Know

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Serving Troy, Oakland County, and Communities Across Michigan

## Understanding Vertigo and the Chiropractic Connection

Vertigo can feel like the world is spinning around you—literally. It can disrupt your daily life, affect your ability to drive, sleep, or even walk safely. At **Advanced Health Chiropractic in Troy, MI**, we help patients understand and treat the root causes of their vertigo, often tied to the cervical spine and nervous system. If you've been seeking natural, effective relief, chiropractic care might be the solution you didn't know you needed.



## What Is Vertigo?

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Vertigo is more than just dizziness. It's a spinning sensation often caused by imbalances in the inner ear or dysfunctions in the cervical spine. Common symptoms include:

- ⇒ Feeling like you're moving when you're not
- ⇒ Nausea or vomiting
- ⇒ Trouble balancing
- ⇒ Headaches or neck stiffness

These symptoms may be due to BPPV (Benign Paroxysmal Positional Vertigo), Meniere's disease, or cervicogenic (neck-related) vertigo.

## How Chiropractic Care Can Help

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Chiropractors are trained to identify and treat spinal misalignments that may disrupt the nervous system's ability to regulate balance. Through precise adjustments, we work to restore function, relieve pressure on nerves, and promote proper communication between the brain and body.

### Cervicogenic Vertigo Explained

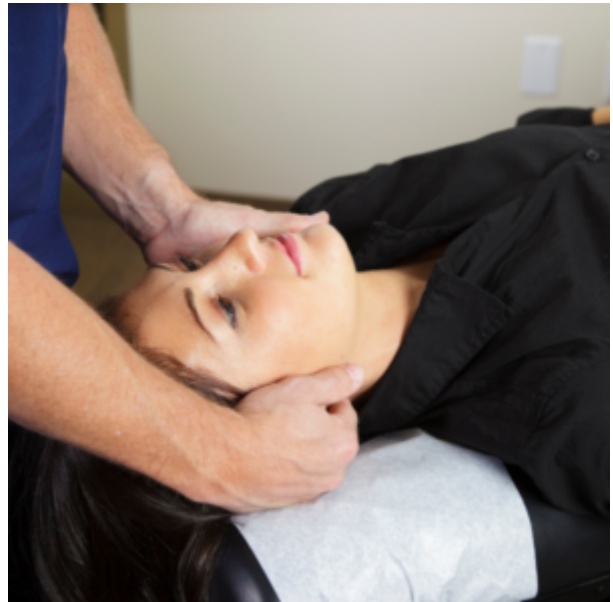
This form of vertigo originates from the cervical spine. When neck joints or muscles are dysfunctional, they can misinform your brain about your body's position—leading to dizziness.

### Adjustments for Neck-Related Dizziness

Chiropractic adjustments realign cervical vertebrae, improving mobility and nerve function, which can reduce vertigo episodes.

## Neurological Benefits of Chiropractic Care

Adjustments may also reduce inflammation and improve blood flow, positively impacting your vestibular system.



## Common Chiropractic Techniques for Vertigo Relief

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- ⇒ **Spinal Adjustments:** Gentle manipulations of the cervical spine to improve alignment and function.
  - ⇒ **Epley Maneuver:** Often used when BPPV is present to reposition ear crystals.
  - ⇒ **Soft Tissue Therapy:** Relieves tension in the neck and shoulders.
  - ⇒ **Postural Rehabilitation:** Helps patients maintain proper spinal positioning.
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## Who Can Benefit from Chiropractic Vertigo Treatment?

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- ⇒ Adults with chronic or unexplained dizziness
- ⇒ Patients with neck pain or history of whiplash
- ⇒ Expectant mothers experiencing hormonal vertigo
- ⇒ Those seeking drug-free alternatives to symptom management

**Live in Troy, MI or nearby?** Schedule your evaluation and find out if chiropractic care can help relieve your vertigo.

## Is Chiropractic Care Safe for Vertigo?

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Yes—our care is gentle, effective, and tailored to your unique needs. We use evidence-based techniques and adjust treatment based on your comfort and medical history. If we believe another specialist is better suited to help, we'll gladly refer you.

## How Long Until I See Results?

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Some patients report noticeable relief after just 1–3 visits. Others may require consistent care over several weeks, depending on the severity and cause of symptoms. Your personalized care plan will outline everything clearly.

## Vertigo FAQs

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Chiropractic care has provided long-term relief for many patients with vertigo, especially those whose symptoms are related to cervical spine dysfunction. However, results vary depending on the root cause of your vertigo. In some cases, ongoing maintenance care or lifestyle adjustments are recommended to maintain results.

## Ready to Get Relief from Vertigo?

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Let us help you regain your balance and peace of mind.

At Advanced Health Chiropractic, you're not just another appointment—you're a valued patient on a path to healing. Whether your vertigo is new or something you've battled for years, we're here to provide answers and effective solutions. Our caring team will guide you through a personalized treatment plan, every step of the way.

Stop letting dizziness disrupt your life. Reclaim your clarity, comfort, and confidence—starting today.

### Advanced Health Chiropractic

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Call us today at **(248) 813-0500**

*Proudly serving Troy and surrounding communities in Michigan.*

Schedule Your Consultation

- Advanced Health Chiropractic, PLLC

“Dr. Bell was amazing and also cracked me up!” — Andrew Breidenich, 1 month ago

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