

Your Vertigo & Dizziness Guide

Simple, honest steps to steady a spinning world — and how to know when it needs a closer look.

Most dizziness is unpleasant, sometimes even frightening, but not dangerous. It usually comes from the inner ear or the neck — the balance system's outer parts — and while a spinning room or a swaying floor can feel alarming, that kind of vertigo is generally manageable. A small share, though, is the body flagging something serious. Here's how to steady yourself, and how to tell the difference.

Feel steadier starting today

- 1 Move slowly and deliberately.** Sudden head turns and quick position changes trigger spells. Sit up in stages, turn your whole body instead of just your head, and give yourself a moment before you walk off.
- 2 Sit or lie down when it hits.** When the room spins, get low and still, fix your eyes on one steady point, and wait for it to pass rather than fighting to keep moving.
- 3 Prop your head up at night.** Sleeping with your head slightly raised on an extra pillow can calm the positional spins that flare when you roll over or tip your head back in bed.
- 4 Ease your neck and posture.** A stiff, forward-jutting neck adds a noisy signal to your balance system. Keep screens at eye level, take movement breaks, and gently loosen the neck and shoulders through the day.
- 5 Stay hydrated and rise gently.** Dehydration and standing up too fast can leave you lightheaded. Drink through the day, go easy on salt and alcohol if spells are frequent, and stand up in no hurry.

What's usually behind it

- **BPPV (positional vertigo)** — tiny inner-ear crystals drift out of place, so certain head movements trigger a brief, intense spin.
- **Neck-related (cervicogenic)** — a stiff, irritated upper neck feeds your brain a
- **Inner-ear conditions** — Ménière's disease, vestibular neuritis, and labyrinthitis disrupt the balance organs and need medical diagnosis.
- **Lightheadedness** — dehydration, low blood pressure, or standing up too fast

noisy balance signal, leaving you foggy and off-balance.

can make you feel faint rather than spinning.

⚠️ Call 911 right away if dizziness comes with...

- **Sudden facial droop, arm or leg weakness, or slurred, garbled speech** (remember **BE-FAST**)
- **Severe imbalance or trouble walking, or double vision or vision loss**
- **A sudden, severe “worst headache of your life”**

Get urgent same-day care if dizziness comes with...

- **Sudden hearing loss** arriving with the vertigo
- **Fainting or passing out**
- **Chest pain, palpitations, or shortness of breath**

These are uncommon, but they can signal a stroke, heart, or inner-ear emergency — not something to wait out. When in doubt, call 911.

How we help at Thrive

At Thrive Chiropractic in Troy, every dizziness visit starts with a red-flag screen — Dr. Rubinstein checks for the warning signs above and refers out if anything raises concern, before any hands-on care. Chiropractic is best-suited to the **cervicogenic (neck-related)** component, where gentle **upper cervical care**, soft-tissue and massage therapy, and posture coaching calm a stiff neck that's adding to the off-balance feeling. For positional vertigo (BPPV), gentle repositioning can settle the spins.

We're honest about scope: inner-ear conditions like BPPV, Ménière's, and vestibular neuritis need a proper medical diagnosis, and for those our care is supportive alongside your medical team — not a cure. You'll get a clear, realistic plan after your exam.

Call us

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Online

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Visit us

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Book a visit

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Medical disclaimer: This guide is general educational information from Thrive Chiropractic of Troy and is not medical advice, diagnosis, or treatment. It doesn't replace a visit with a qualified healthcare provider. Dizziness has many causes; please see a professional for advice about your specific situation, and seek emergency care for any of the warning signs above. © Thrive Chiropractic of Troy.