

I was having dizzy spells and would fall at times. After a bad day of these, my husband called an ambulance. After 3 days, I got a prescription for vertigo/dizziness. My family doctor sent me to Dr. Sanders at BalanceMD, he found nerve damage on the lower left side of my brain. If I laid on my back, the room would spin quite fast and I would fall from dizziness. He had me see Stephanie Ford PT. She worked out a series of exercises which were quite simple to follow. I'd go in once a week and added new ones to the list. Unbelievably, I felt improvement after my first session. To me it was such a wonder to not have to be treated with drugs. Doing physical therapy was all it took. I still continue therapy at home.

- Fran