Lisa E.

**Patient Spotlight of the Month!**

Once you are a patient of Dr. Christa Hubbard’s, she is able to help you with any other pain or strain that may arise, not just the initial reason you made the appointment! I had problems with dizziness, balance, and eye tracking after a really bad bout of vertigo. The severity of this bout of vertigo is likely due to a trauma to my right wrist back in 2002. I damaged my TFCC (Triangular Fibrocartilage Complex) ligament which led to five surgeries within four years. Yes, I am right hand dominant. This meant limited mobility and range of motion in my right wrist and lower arm, with having to constantly watch every movement during each day as to not overdue or strain that wrist, and fear of re-tearing anything else. After overusing my left hand/arm for all these years, I gradually began to lean slightly to my left and my eyes weren’t tracking properly anymore (little did I know). This caused my brain to basically overcompensate since I had to use my left hand and side of my body so much.

When I woke up that morning in July of 2018 with vertigo, it didn’t just go away with the usual treatment of Antivert for a week and start feeling better. The vertigo continued and was more severe at times that I couldn’t even drive a car for six months. I was referred to Dr. Christa, and she figured out right away about my eyes and informed me that she knew she’d be able to help me feel better really soon. Boy, was she right! Dr. Christa and Alyssa worked with my twice a week and gave me exercises to do at home. You leave with typed directions and the ability to take pictures and/or videos so you can be confident you are performing the exercises properly. You can even email Alyssa with any questions and she will get back to you right away. Within a couple of months, I now feel like a completely different person!

Even though my dizziness and balance are better, it didn’t mean that Dr. Christa wouldn’t help with my delicate right wrist situation. Due to many months of healing from the five surgeries where my arm had an above the elbow cast that came all the way down to right above the knuckles on my fingers, many of my muscles and tendons were basically lying dormant and needed to be re-activated, including my pinky finger that doesn’t bend all the way. Once I was able to function and live on a daily basis without pain, I never realized that I wasn’t using the majority of my muscles. My elbow seems to take the brunt of this, causing tendonitis. Dr. Christa is re-activating many muscles that I didn’t even know weren’t doing their job, including my pinky that can bend all the way down now; I can actually make a fist with all five fingers! The tendonitis is calming down, and I can’t remember the last time m wrist had this range of motion and strength! Thank you, Dr. Christa, for giving me so much of my life back. I will never forget what you’ve done for me!