

BENIGN PAROXYSMAL POSITIONAL VERTIGO (BPPV)

General information:

- Vertigo is the feeling of dizziness, specifically with the sensation of you moving or the environment moving around you.
- Vertigo associated with BPPV can last seconds to minutes.
- Vertigo associated with BPPV generally occurs with movement or change of position.
- BPPV can be caused by head trauma.
- BPPV is common in the elderly but can come about at any time.
- BPPV is related to movement of stones or crystals within the inner ear that may need to be repositioned.

Testing for BPPV:

- Testing starts with a general history and physical.
- All medication usage should be reviewed with your physician.
- Blood pressure measurements, MRI and/or hearing evaluation may be necessary.
- More advanced testing may be required.
- Additionally, an evaluation by a neurologist may be indicated.

Treatment for BPPV:

- BPPV is generally self-limiting, meaning that within 6 months that symptoms will resolve without any intervention.
- An “ear friendly” diet may be provided and that can help with symptoms of BPPV.
- Office treatment of BPPV can be accomplished with something known as the Epley Maneuver. This will make you dizzy.
 - The procedure takes about 15 minutes
 - There are four movements with the Epley maneuver.
 - You are moved from a sitting to a flat and then to a side position.
 - This is 80% effective.
- **Home exercises are generally recommended by my office as they are 95% effective.**
- The recommended exercises are as follows:
 - Start in a sitting, upright position
 - Lay on your right side with right ear down to bed for 30 seconds
 - Return to upright position for 30 seconds
 - Lay on your left side with left ear down for 30 seconds
 - Return to sitting, upright position for 30 seconds
- Do the above exercise routine 3 times in a row, 3 times per day for the first week. Then do the exercise 5 times in a row, 3 times per day for the next two weeks.