



## Understanding Benign Paroxysmal Positional Vertigo (BPPV)

### What is BPPV?

BPPV is a common cause of dizziness that occurs when tiny calcium crystals in the inner ear move into the wrong position. This disrupts balance and creates brief episodes of spinning sensations (vertigo). While the term "benign" means it is not life-threatening, BPPV can still be very uncomfortable.

### Who is Affected?

BPPV can affect people of all ages but is more common with age. About half of dizziness cases in people over 50 are due to BPPV, and approximately 9% of older adults experience it.

### Symptoms

- Brief, intense spinning sensation (vertigo), often lasting 5–15 seconds
- Dizziness triggered by head movements (e.g., rolling in bed, looking up)
- Light-headedness, nausea, or imbalance
- Symptoms may come and go for days, weeks, or months, and may recur over time

### What Causes BPPV?

BPPV occurs when loose otoconia move into the semicircular canals. This can happen due to:

- Aging
- Head injury or trauma
- Inner ear infections or disorders
- Migraine
- High-impact activities

### Diagnosis

BPPV is diagnosed using a test called the **Dix-Hallpike maneuver**, where a doctor moves your head into specific positions to trigger symptoms. The direction of eye movements helps determine which part of the inner ear is affected.

### Treatment Options

1. **Canalith Repositioning Procedure (Epley Maneuver)**
  - A simple series of head movements to guide the crystals back to their proper place
  - Performed in a clinic or at home with guidance
  - Effective in about 85–90% of cases
2. **Brandt-Daroff Exercises**
  - Repeated head movements done at home to help clear the crystals over time

- Typically used if symptoms persist or return frequently
- 3. **Semont Maneuver**
  - A faster repositioning technique that may be effective in certain cases
- 4. **Surgery (Rare Cases)**
  - If symptoms do not improve with repositioning maneuvers, a surgical procedure can block the affected semicircular canal to prevent dizziness.

### **How to Perform the Home Epley Maneuver**

Your healthcare provider may recommend doing the **Epley maneuver** at home to help resolve your symptoms. Follow the steps carefully, based on which ear is affected:

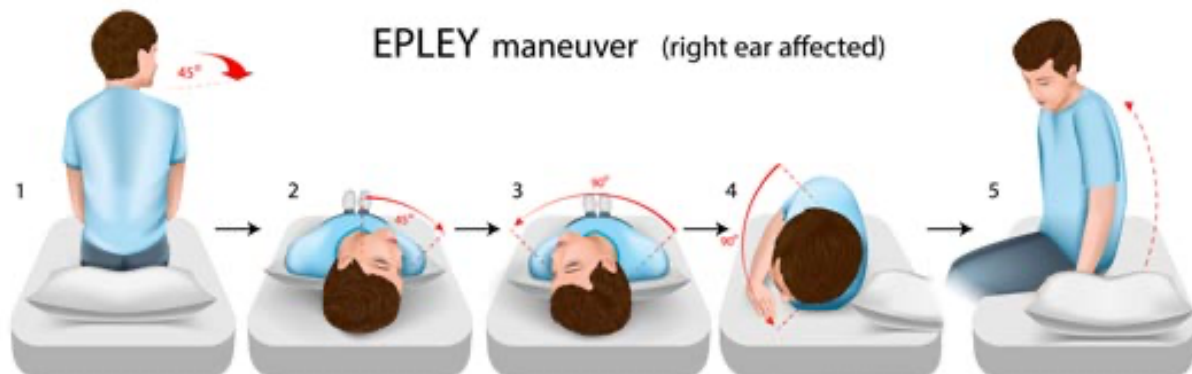
#### **For the Right Ear:**

1. Sit on a bed.
2. Turn your head 45 degrees to the **right**.
3. Quickly lie back, keeping your head turned. Your shoulders should be on the pillow, and your head should be slightly reclined. Wait 30 seconds.
4. Turn your head 90 degrees to the **left**, without lifting it. Wait 30 seconds.
5. Turn your head and body another 90 degrees to the **left**, so you are facing downward. Wait 30 seconds.
6. Sit up slowly on the **left** side.

#### **For the Left Ear:**

1. Sit on a bed.
2. Turn your head 45 degrees to the **left**.
3. Quickly lie back, keeping your head turned. Your shoulders should be on the pillow, and your head should be slightly reclined. Wait 30 seconds.
4. Turn your head 90 degrees to the **right**, without lifting it. Wait 30 seconds.
5. Turn your head and body another 90 degrees to the **right**, so you are facing downward. Wait 30 seconds.
6. Sit up slowly on the **right** side.

**Note:** Repeat the maneuver **3 times per day** until symptoms are gone for **24 hours**.



## Prognosis

Most cases of BPPV improve within six months, either naturally or with treatment. However, symptoms can return, so learning repositioning techniques can help manage recurrences.

If you experience ongoing dizziness, a doctor can help determine if other balance disorders are contributing to your symptoms.

For more information and animations of treatment techniques, visit: [www.dizziness-and-balance.com](http://www.dizziness-and-balance.com)