



ENT

Associates

Making sense of your family's hearing, sinus and throat problems

Benign Paroxysmal Positional Vertigo

BPPV is the most common cause of vertigo. It occurs when crystals in the inner ear (otoliths or otoconia) break free in a certain part of the inner ear and float into or attach to the another part of the inner ear (the semicircular canal).

What are the symptoms of BPPV?

Symptoms include rapid attacks of vertigo with rapid head motion, usually to the affected side. These often occur when rolling in or out of bed or looking up. There is typically no pain and no loss of hearing.

What can cause BPPV?

Common causes for BPPV include:

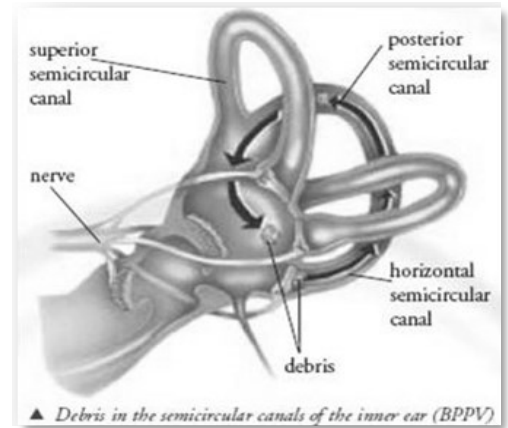
- ◆ Common medical conditions (cardiovascular disease, diabetes, migraine)
- ◆ Mild head trauma
- ◆ Inner ear disorders (vestibular neuritis, labyrinthitis)

How is BPPV treated?

The most common treatment for BPPV are head repositioning maneuvers to return the otolith debris back to its original location in the inner ear. There are several different maneuvers and your doctor will choose the one that is most suitable.

The Epley Maneuver is one the most commonly used treatments used for the condition. One treatment is effective in about 80% of BPPV cases, but sometimes repeat maneuvers are necessary.

These can sometimes be done at home (see below) or your doctor may refer you to a balance center where the maneuver can be performed by a licensed hearing and balance specialist.



(continued on back)

Additional Home-Based Treatment Options:

The following treatments can be performed at home. They are specifically designed to dislodge the migrated crystals from the semi-circular canals and return them to where they belong, treating the symptoms of vertigo. It is recommended that you have a friend or family member present the first few times you perform either option to assist you in case you become unsteady.

Semont Maneuver (Liberatory)

FOR THE RIGHT EAR.

1. Sit on the edge of your bed. Turn your head 45 degrees to the left.
2. Quickly lie down on your right side. Feet off the floor. Knees bent. Stay there for 30 seconds.
3. Quickly sit up and immediately lie down on your left side for 30 seconds. Don't change the direction of your head. Keep it at the 45-degree angle; your face will be pointing down towards the floor.
4. Return slowly to a sitting position. Keep your head level, and wait for 10 minutes.

Reverse instructions for the left ear.

Do these moves once a day until you go 24 hours without vertigo.

BBQ Roll (Lempert Maneuver)

Only perform if your clinician specifically instructs for horizontal canal BPPV.

FOR THE RIGHT EAR

1. Sit on your bed, slowly lay back, legs outstretched, head on pillow.
2. Slowly roll onto your right side, wait for 30 seconds.
3. Keeping your head level, slowly roll onto your back and wait 30 seconds.
4. Keeping your head level, roll onto your left side. Wait 30 seconds.
5. Gently tuck your chin to your chest. Rotate slowly left, onto your stomach, propped on your elbows. Head level, facing down. Wait 30 seconds.
6. Gently tuck right arm under to rotate left again onto your right side. Untuck chin. Keep head level. Do NOT over rotate. Wait for 30 seconds.

7. Slowly return to a sitting position. Keep head level.
8. Sit for 5 minutes, and then repeat Steps 1 to 7.
9. After 2nd time through steps, sit for 15 minutes. Head level.

Reverse instructions if maneuver is prescribed for the left ear.

FOR VIDEO DEMOS—To see these techniques performed, including the Epley Maneuver, search YouTube for: “UNIVERSITY OF MICHIGAN MEDICINE / VERTIGO”

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