

UNDERSTANDING BPPV

Benign: not harmful

Paroxysmal: sudden reoccurrence or attack

Positional: dependent on position

Vertigo: perception of movement of you or the environment



What is BPPV?

BPPV is a sudden onset of dizziness, usually triggered by positional changes. This occurs in the vestibular system.

The **Vestibular System** is housed in the inner ear and provides the sense of balance. The system consists of 6 semicircular canals, the utricle, and the saccule. This system detects acceleration, deceleration, and static position.

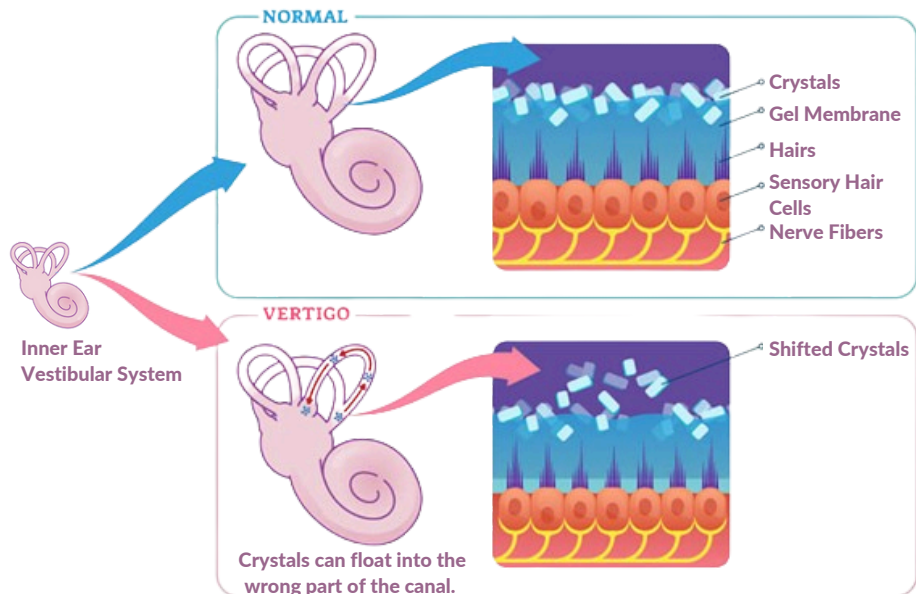
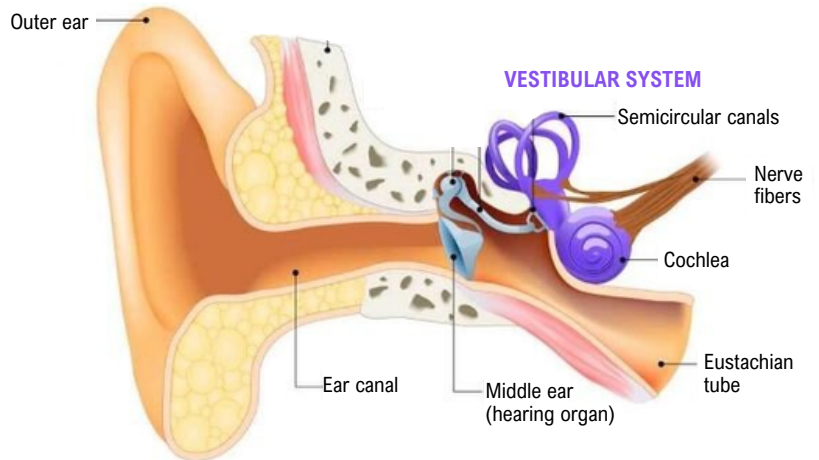
BPPV occurs when there is misplacement of "crystals" in one or more the semicircular canals. This disrupts the communication to the brain about where you are in space, causing vertigo/dizziness/imbalance, or the sense of a spinning sensation.

How Is BPPV Managed?

After appropriate assessment, BPPV can be resolved through a series of specific maneuvers directed at the appropriate canal. Each canal requires specific positioning and maneuvers dependent on the individual's anatomy and response.

What to expect during treatment:

To appropriately diagnose BPPV, the dizziness is provoked during the session. The direction your eyes move and the position which provokes the dizziness allows for the provider to determine which canal the crystals are located in and the most appropriate maneuver to move the crystals back to the utricle.



Can I try the maneuvers at home?

No. It is important to be sure the correct canal is being treated and that there are not other underlying causes to your dizziness. It is **NOT** recommended you attempt the maneuvers at home as it can actually make you feel **worse** and prolong recovery.



Can BPPV be prevented?

At this time, no specific recommendations are proven to prevent BPPV. If symptoms reoccur, being seen in Physical Therapy ASAP helps manage symptoms.

GET IN TOUCH

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