

UNDERSTANDING BPPV

BENIGN PAROXYSMAL POSITIONAL VERTIGO



What is BPPV?

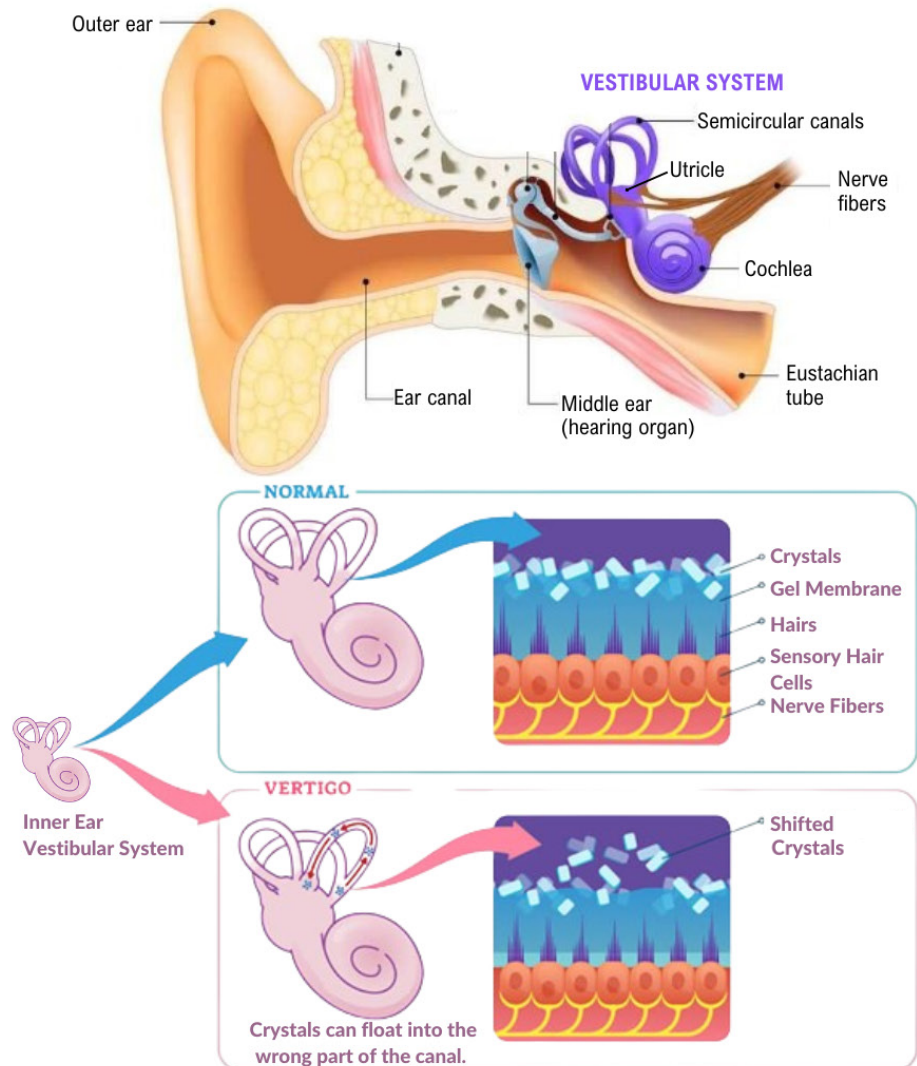
Benign Paroxysmal Positional Vertigo (BPPV) is a sudden onset of dizziness, usually triggered by positional changes. This occurs in the vestibular system.

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.

Tiny crystals (called otoconia) in your inner ear normally sit in the utricle. With BPPV, these crystals become dislodged and move into one of the semicircular canals. When you move your head, these misplaced crystals disturb the fluid in the canal, sending false signals to your brain leading to vertigo (sense of movement), dizziness, or imbalance.

How Is BPPV Managed?

Following a proper assessment, BPPV is treated using targeted repositioning maneuvers designed for the affected ear canal. The choice and execution of these maneuvers are guided by the specific canal involved, as well as the individual's anatomy and response to treatment.



What to expect during treatment?

To accurately diagnose BPPV, your dizziness will be intentionally provoked through specific head and body movements. By observing the direction of your eye movements and identifying the position that triggers your dizziness, the provider can determine which canal is affected. This helps determine the appropriate maneuver to move the displaced crystals back to their proper location in the utricle.



Can I try the maneuvers at home?

No, we do not recommend. Properly treating BPPV requires identifying the specific canal involved and ruling out other possible causes of your dizziness. Attempting maneuvers at home without guidance can **worsen** your symptoms and delay your recovery. It's best to have these treatments performed by a trained healthcare provider.



Can BPPV be prevented?

Currently, there are no proven strategies to prevent BPPV from occurring. However, if symptoms return, seeking care from a physical therapist as soon as possible can help manage the symptoms effectively and reduce their impact.

