



BALANCE AND VESTIBULAR THERAPY



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What is BPPV? (Benign Paroxysmal Positional Vertigo)

BPPV is characterized by brief episodes of vertigo when the head is moved into certain positions. It is one of the most common peripheral vestibular disorders. Symptoms can be brought on by trauma to the head and inner ear infections, however, it can occur due to an unknown cause as the onset is usually sudden or spontaneous. Symptoms include: vertigo (sensation of spinning), nystagmus (involuntary eye movement), and nausea with positional changes.

Where can I learn more about BPPV?

At Lakeside Rehabilitation, Inc., we have staff that are certified in Vestibular Rehabilitation. Please call or stop in to find out more about how our therapy services can help you find relief from BPPV or visit our website at www.lakesiderehab.com You can also visit vestibular.org.

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What causes BPPV?

The inner ear contains Otoconial Crystals or "ear rocks" that sits on a membrane inside the inner ear. With trauma or infection, these crystals are displaced into one of the three canals of the inner ear that impacts the equilibrium which, in turn, leads to vertigo with head movements.

How is BPPV treated?

Testing of BPPV involves the therapist performing maneuvers while observing the client's eyes for nystagmus. The direction that the eyes "beat" during nystagmus tells the therapist which canal is involved and which tests to perform. These maneuvers involve rotating the client in such a way that crystals are "dumped out" of the canals. Our therapists are trained to modify the techniques if the client has back or neck pain.

The most commonly used techniques in the clinic are (but are not limited to):

1. Dix-Hallpike Maneuver
2. Canalith Repositioning (also known as the Epley Maneuver)
3. Brandt-Daroff Habituation Exercises

Clients with true BPPV can expect to see results within the first 2-3 sessions! After the symptoms are resolved, the therapist will work with the client to make sure their balance is satisfactory. The length of treatment will vary from client to client.

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Select References:

1. Beynon GJ. A review of management of benign paroxysmal positional vertigo by exercise therapy and by repositioning maneuvers. *British Journal of Audiology*. 1997; 31:11-26
2. Cass SP, Borello-France D and Furman JM. Functional outcome of vestibular rehabilitation in patients with abnormal sensory-organization testing. *American Journal of Otology*. 1996; 17:581-94
3. Epley JM. Particle repositioning for benign paroxysmal positional vertigo. *Otolaryngologic Clinics of North America*. 1996; 29:323-31.