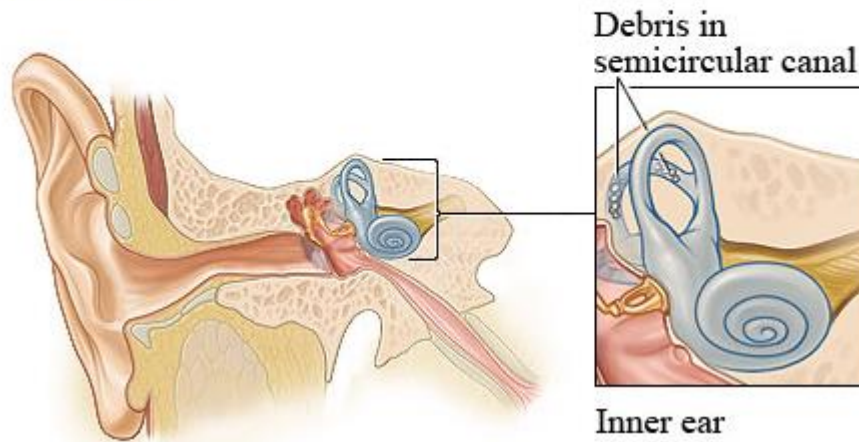


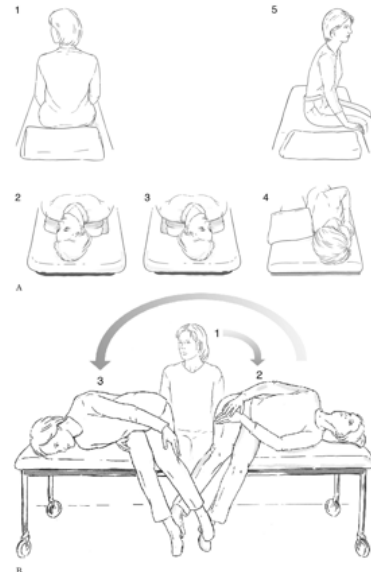
Treatment of Vertigo:

Benign Paroxysmal Positional Vertigo (BPPV)



Benign paroxysmal positional vertigo (BPPV) is caused by a problem in the inner ear. Tiny calcium "stones" inside your inner ear canals help you keep your balance. Normally, when you move a certain way—such as when you stand up or turn your head—these stones move around. But things like infection or inflammation can stop the stones from moving as they should. This sends a false message to your brain and affects your balance.

Figure 1. (A) Instructions for the modified Epley procedure (MEP) for left ear posterior canal benign paroxysmal positional vertigo (PC-BPPV).



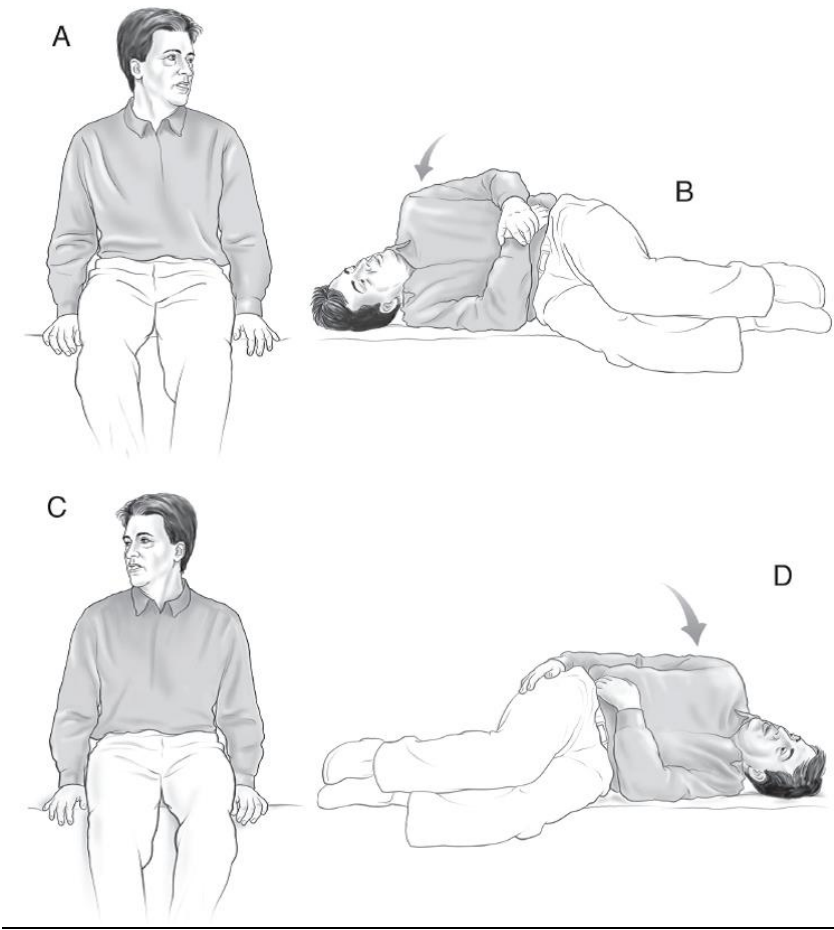
A. Radtke et al. Neurology 2004;63:150-152



©2004 by Lippincott Williams & Wilkins

Figure 1. (A) Instructions for the modified Epley procedure (MEP) for left ear posterior canal benign paroxysmal positional vertigo (PC-BPPV). For right ear BPPV, the procedure has to be performed in the opposite direction, starting with the head turned to the right side. 1. Start by sitting on a bed with your head turned 45° to the left. Place a pillow behind you so that on lying back it will be under your shoulders. 2. Lie back quickly with shoulders on the pillow, neck extended, and head resting on the bed. In this position, the affected (left) ear is underneath. Wait for 30 seconds. 3. Turn your head 90° to the right (without raising it), and wait again for 30 seconds. 4. Turn your body and head another 90° to the right, and wait for another 30 seconds. 5. Sit up on the right side. This maneuver should be performed three times a day. Repeat this daily until you are free from positional vertigo for 24 hours. (B) Instructions for the modified Semont maneuver (MSM) for left ear PC-BPPV. For right ear BPPV, the maneuver has to be performed in the opposite direction, starting with the head turned toward the left ear. 1. Sit upright on a bed with your head turned 45° toward the right ear. 2. Drop quickly to the left side, so that your head touches the bed behind your left ear. Wait 30 seconds. 3. Move head and trunk in a swift movement toward the other side without stopping in the upright position, so that your head comes to rest on the right side of your forehead. Wait again for 30 seconds. 4. Sit up again. This maneuver should be performed three times a day. Repeat this daily until you are free from positional vertigo for 24 hours. (See the video in the supplementary material on the NeurologyWeb site; go to www.neurology.org.)□

***If your doctor tells you that the LEFT ear is affected/abnormal, you will start the exercise with your head turned to the RIGHT (looking over your RIGHT shoulder). If your doctor tells you that the RIGHT ear is affected/abnormal, you will start the exercise with your head turned to the LEFT (looking over your LEFT shoulder).**



1. Sit on edge of bed, turn your head slightly to the left side (approximately 45 degrees).
2. While maintaining this head position, lie down quickly on the right side, so that the back of the head is resting on the bed. Wait for 20 to 30 seconds or for any dizziness to resolve.
3. Sit up straight, again waiting for 20 to 30 seconds or for any dizziness to resolve.
4. Turn your head slightly to right side and repeat the sequence in the opposite direction.

Continue as above for 10 minutes (5 or more repetitions to each side).