

## SOUTHWEST EAR, NOSE & THROAT

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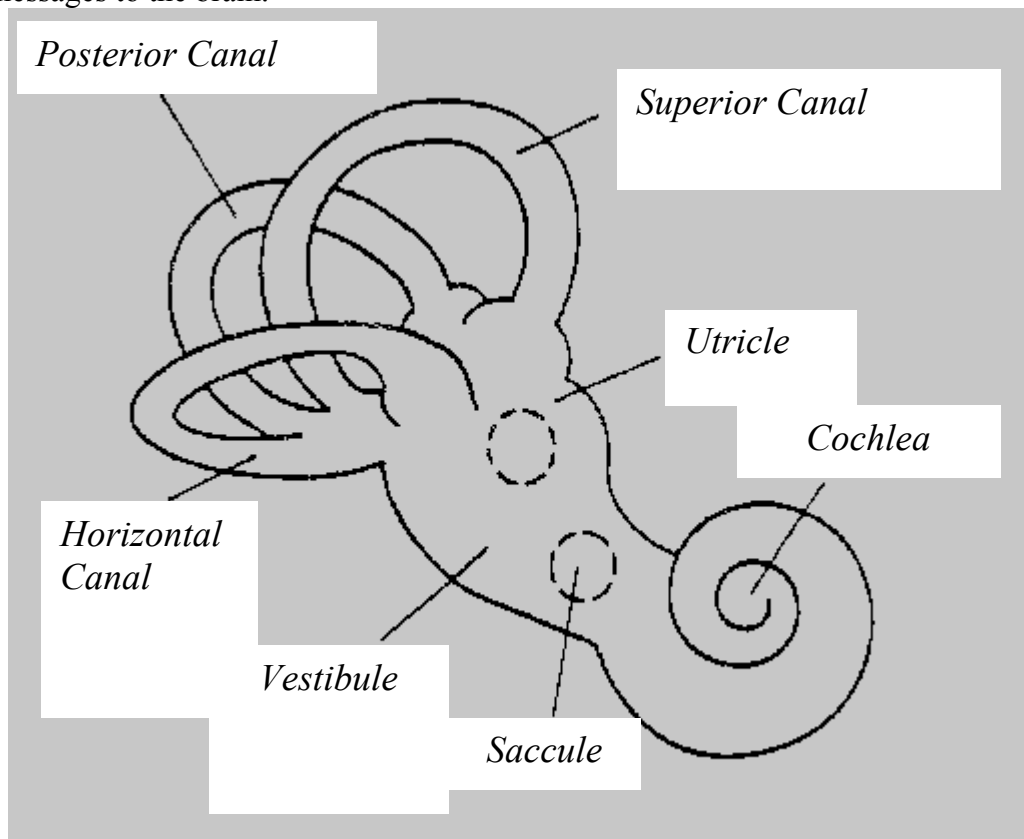
### Benign Paroxysmal Position Vertigo (BPPV)

#### What is BPPV?

The dizziness of vertigo you experience is called Benign Paroxysmal Positional Vertigo. It is actually one of the more common causes of vertigo. The vertigo is often described as a spinning or whirling sensation. The spinning sensation can lead to nausea, sweating and occasionally even vomiting. The vertigo occurs when your head is in a certain position, such as looking up or down, turning your head to one side, or when you roll over in bed. The actual spinning sensation lasts for seconds to minutes and you can sometimes feel off balance for several days after an episode.

#### What is actually happening?

BPPV originates in the inner ear balance system. The balance system (labyrinth) has three canals (semicircular canals) that detect head movements. Fluid, which fills each of these canals, pushes against specialized nerve endings when head position is changed. In BPPV, tiny particles, or crystals, can be found floating in the fluid. These crystals, which can normally be found in a different part of the balance system, trigger the nerve endings of the inner ear, thus sending the wrong messages to the brain.



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## **What causes BPPV?**

Although no one really knows, BPPV is commonly found in people whom have sustained a blow to the head, had a virus, or inner ear infections. In many cases, a direct cause cannot be identified.

## **What can be done for BPPV?**

Medications such as Meclizine and Antivert are generally ineffective in reducing symptoms, although Compazine may be prescribed to reduce nausea. For some, BPPV resolves completely without treatment. For those causes when BPPV does not go away there are very effective treatments to alleviate symptoms.

The primary treatment today is called the “repositioning maneuver.” This procedure takes 20 to 30 minutes and is not painful. The treatment does, however, tend to make you dizzy temporarily.

During your treatments you are literally trying to roll those displaced crystals, or particles, into a portion of the inner ear that does not cause dizziness. The crystals are moved through the labyrinth by positioning your head at specific angles and then rolling your head from one direction to the other.

The procedure is usually repeated five times per session and an average of three weekly sessions are required for most patients to be free from their dizziness.

## **What happens after my treatment is complete?**

After your treatment is complete, you should not experience the symptoms of vertigo with head position changes. In some cases, however, patients report feeling “lightheaded” and moving. Please inform your Physician if you feel this way, as vestibular rehabilitation may need to be prescribed.

## **Does BPPV ever come back?**

BPPV rarely re-occurs after successful treatment. Should your symptoms ever return, repositioning treatments may be required again.

If you have any questions please feel free to contact our office at (928) 453-0303.

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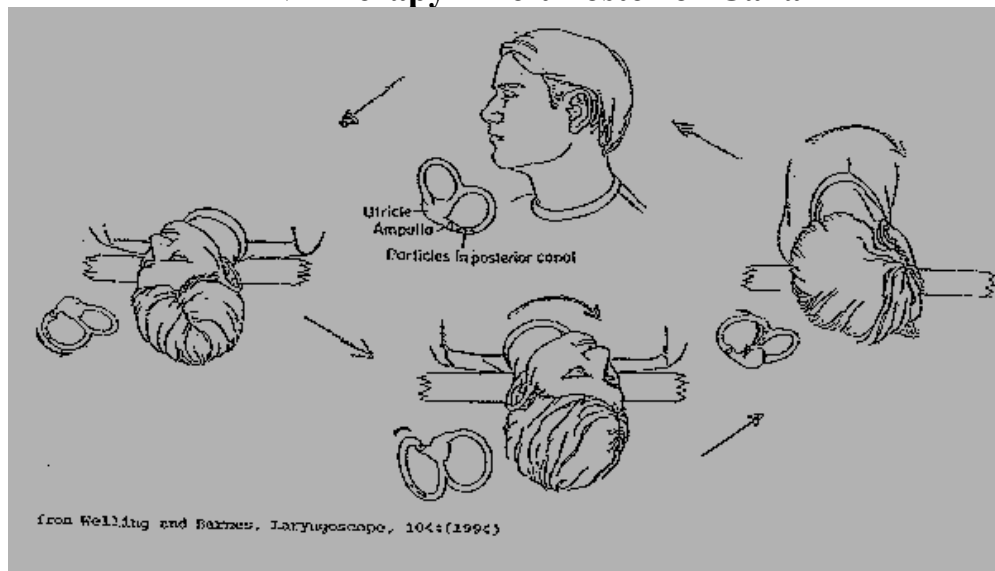
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1. Lay down on the bed with head hanging to the LEFT / RIGHT at 30 degrees for 10 minutes.
2. Turn head slowly to the LEFT / RIGHT at 30 degrees for 10 minutes.
3. Slowly roll over onto LEFT / RIGHT side with head hanging at 30 degrees for 10 minutes.
4. Sleep with head upright at 30 – 45 degrees for 2 days.
5. Light activity only, NO bending over, NO exertion, NO head shaking for 5 days.

**NOTE: Use a timer to assure a full 10 minutes in each position. This should not be done if you have severe neck arthritis or coronary artery disease.**

### BPPV Therapy – Left Posterior Canal



### BPPV Therapy – Right Posterior Canal

