



# DIZZY CLINICS AUSTRALIA

## BPPV

### Benign Paroxysmal Positional Vertigo

Vertigo is the symptom of spinning or a false sense of movement. BPPV is a common cause of vertigo that is triggered by a change in head position relative to gravity. The vertigo symptoms are caused by calcium carbonate crystals which are usually located within a sensory organ called the utricle, dislodging and falling into one or more canals of the vestibular apparatus (balance centre within our inner ear).

#### Symptoms

A person with BPPV will experience a brief sense of vertigo (spinning), typically triggered when rolling over in bed, getting in/out of bed, and looking up or down. BPPV can cause nausea and a sense of unsteadiness when walking around.



#### Diagnosis

A vestibular physiotherapist will place the person in a position that may induce vertigo symptoms. During this test, a nystagmus (involuntary eye movement) will be seen, with the direction the eyes moves indicating which canal in the vestibular apparatus is effected.

#### Treatment

BPPV is treated using an evidence-based canalith repositioning manoeuvre. This will involve placing the person in a sequence of positions in order to move the crystals out of the vestibular canals.

