



The Physical Therapy Specialty Center

A Division of Primary Care Partners

Call for an Appointment Today – 970-241-5856

BPPV

Physical Therapy can help your vertigo/dizziness!



BPPV (Benign Paroxysmal Positional Vertigo) is the most common disorder of the inner ear's vestibular system. BPPV causes a sense of spinning, which often people refer to as vertigo. It is characterized by a sudden onset of spinning linked to a positional change of the head and body (such as turning over in bed, laying down or getting up from bed, looking up, bending over). BPPV occurs when otoconia, tiny calcium crystals, move into one of the semicircular canals in the inner ear. When the head moves, these crystals shift within the ear canal causing a neurological response (vertigo and nystagmus). The most common cause under the age of 50 is head injury. Over the age of 50 it is idiopathic, or no specific known reason. BPPV is associated with approximately 50% of dizziness in older people.

SYMPTOMS OF BPPV:

- Sudden onset of vertigo/spinning sensation
- Occurs with changes in head/body position
- Dizziness, light-headedness, nausea, vomiting and balance issues may also be present
- May be brief (seconds) or longer in duration
- May be re-occurring
- Causes: unknown/unpredictable, head injury/trauma, post surgery, post illness, recent travel, or after long periods of inactivity

HOW WILL THERAPY HELP?

A vestibular trained PT can perform a test, called the Hallpike, to assess if there is a presence of loose crystals. If the crystals are detected, then a procedure known as the Epley maneuver (or a variation of depending upon the location of the crystals) will be performed. This maneuver will relocate the crystals back out of the ear canals and thus your symptoms will stop. Typically only 1 visit is needed to correct BPPV.

**Don't let vertigo keep you down!
Call us today at 970-241-5856**