

CENTRAL OHIO EAR, NOSE AND THROAT, INC.

**41 COMMERCE PARK DR.
WESTERVILLE, OH 43082**

**6860 PERIMETER DR. SUITE A
DUBLIN, OH 43016**

Benign Paroxysmal Positional Vertigo

BPPV or Benign Paroxysmal Positional Vertigo is one of the most common disorders of the inner ear that result in vertigo. Within our balance organ are small calcium carbonate rocks, called “otoconia”. Positional vertigo occurs due to these particles collecting in the fluid filled inner ear. These particles do not become a problem until the patient moves in a manner that stimulates the balance canal causing the crystals to move, creating abnormal stimulation of the motion sensor. In return, the patient will experience vertigo. BPPV can be caused by head injury, but in more than half of the cases it is “idiopathic”, meaning for no known reason.

Symptoms of BPPV:

Symptoms can vary in each patient but are generally brought on by movement such as position changes of the head. Patients typically report brief episodes of vertigo, lasting no more than one minute, usually brought on by rolling over in bed, lying down, or bending forward and/or backwards.

How is BPPV diagnosed?

The physician will make the diagnosis based on the patient’s symptoms, physical examination and results from the hearing and balance tests. A maneuver called the Dix-Hallpike is used to elicit an episode of vertigo in patients with BPPV.

How is BPPV treated?

Positional vertigo generally does not respond to medication. A particle-repositioning maneuver, called an Epley maneuver, can be performed in the office by the physician. In this maneuver the particles are placed in a less sensitive area of the ear. The maneuver involves the patient lying on their back and having their head rotated from the “bad” ear to the “good” ear. The patient will feel temporary vertigo as the particles are repositioned.

Following the maneuver the patient will be asked to sleep upright for three days to ensure the particles stay where they are repositioned. During these three days the patient is limited from movements which may “undo” the repositioning, such as bending over or looking down. The use of a soft cervical collar is recommended during these three days as a reminder to limit movement and for comfort. Following these three day, the patient will begin exercises to help keep the particles in their new “home”.

Brandt-Darhoff Exercises

The Brandt-Darhoff exercises are simple exercises performed three times a day. Following the Epley maneuver, wait three days, before starting the exercises. These exercises help keep the particles repositioned in the less sensitive area of the inner ear. The maneuver is completed five times during each of the three daily sessions. Stay in each position for ten seconds or until the dizziness passes. No restriction of activities between sessions is necessary. The sessions do not need to be spaced evenly throughout the day but allow at least one hour between sessions. Continue to perform these exercises until the follow-up appointment with the physician.

Position 1 thru 4 = 1 Cycle
Perform 5 Cycles 3 Times a Day
Wait 10 Seconds Every Position Change

Informational Websites on BPPV:

<http://www.tchain.com/otoneurology/disorders/bppv/bppv.html>

<http://www.dizziness-and-balance.com/disorders/bppv/bppv.html>

<http://www.mayoclinic.com/health/vertigo/DS00534>

Hain, TC. <http://www.dizziness-and-hearing.com>. 27 Dec 2006 <<http://www.dizziness-and-balance.com/images/master-ear.jpg>>.

MEI: Michigan Ear Institute, P.L.L.C. <http://www.michiganear.com>. 2000.
<http://www.michiganear.com/library/B/balanceexercises.html>.

