



# BENIGN PAROXYSMAL POSITIONAL VERTIGO

## What is Benign Paroxysmal Positional Vertigo?

Benign Paroxysmal Positional Vertigo (BPPV) is the most common cause of vertigo. Vertigo is a symptom where someone experiences an illusion of movement, often but not always experienced as spinning. BPPV usually causes brief, and intense sensations of spinning which are provoked by changing head position. This might occur when looking up or rolling in bed.



## Services

- 1:1 Consultation with a physiotherapist.
- Positional testing and repositioning manoeuvres
- Balance assessment
- Vestibular oculomotor assessment
- Clinical Rehabilitation Exercise Classes

## How can we help?

Treatment for BPPV can usually be completed in the same appointment that a diagnosis is made. Usually, treatment consists of a series of movements of the head, which is monitored by the Neurological Physiotherapist for effect. Moving the head, changes the position of the semi-circular canal, and when performed correctly can flush the crystals back out of the semi-circular canal thereby resolving the condition. Repeat testing is usually recommended to ensure the condition is resolved.