

INSTRUCTIONS FOR PATIENTS AFTER OFFICE TREATMENTS FOR BPPV

1. *Wait for 10 minutes after the manoeuvre is performed before going home.*

This is to avoid "quick spins" or brief bursts of vertigo as debris repositions itself immediately after the manoeuvre. Don't drive yourself home.

2. *Sleep semi-recumbent for the next night and avoid provocation positions.*

This means sleep with your head halfway between being flat and upright (a 45 degree angle).

- Sleep in a recliner chair, or arrange pillows to elevate the head
- Try to keep the head vertical during the day
- Don't go to the dentist, hairdresser or perform physical activity that requires head movement
- Caution while shaving or shampooing hair – avoid excessive head movements

3. For at least one week, *avoid provoking head positions* that might bring BPPV on again.

- Use two pillows when you sleep
- Avoid sleeping on the "bad" side
- Don't turn your head far up or far down, perform sit-ups or go swimming
- Caution at dentist, beautician or undergoing minor surgery
- Try to stay as upright as possible

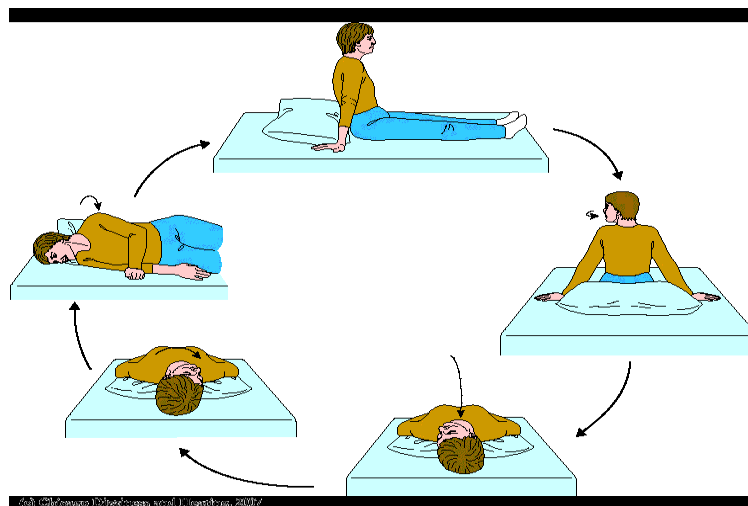
4. *At one week after treatment, put yourself in the position that usually makes you dizzy.*

Position yourself cautiously and under conditions in which you can't fall or hurt yourself. Let your doctor know how you did.

HOME EPLEY MANEUVER

The Epley and/or Semont manoeuvres as described below can be done at home (Radke et al, 1999) if you have a clear diagnosis. This procedure seems to be even more effective than the in-office procedure, perhaps because it is repeated every night for a week.

The method (for the left side) is performed as shown on the figure below. One stays in each of the supine (lying down) positions for 30 seconds, and in the sitting upright position (top) for 1 minute. Thus, once cycle takes 2 1/2 minutes. Typically 3 cycles are performed just prior to going to sleep. It is best to do them at night rather than in the morning or midday, as if one becomes dizzy following the exercises, then it can resolve while one is sleeping. The mirror image of this procedure is used for the right ear.



Radtke, A., et al.(1999). "A modified Epley's procedure for self-treatment of benign paroxysmal positional vertigo." *Neurology* 53(6): 1358-60. [PubMed]

THIS RESOURCE IS SUPPLIED BY PROACTIVE PHYSIOTHERAPY 4053 6222.