

Vertigo/BPPV

What is it?

Benign Paroxysmal Positional Vertigo is the most common of vestibular disorders. It occurs when small calcium crystals becomes dislodged from their normal location on the utricle.

Symptoms

It feels like a large change in orientation, with a feeling of imbalance. You may feel imbalanced or unsteady getting around, or transition body positions.

Treatment:

Physical therapists use the Epley maneuver. The therapist uses a series of head and body repositioning, repeatedly, until neither vertigo nor nystagmus are elicited when the head is brought into the "bad ear down" position.