
Audiology Department

Home treatment for Benign Paroxysmal Positional Vertigo (BPPV)

Who is this leaflet for?

This will help patients diagnosed with BPPV. (The BPPV leaflet has more information).

This leaflet will guide you through a series of movements to help treat your BPPV. These movements are known as the "Particle Repositioning Manoeuvre" (PRM) or "modified Epley Manoeuvre". Your Audiologist or Medical Consultant will have guided you through these movements in the Balance Assessment Clinic and have identified that you can perform this procedure at home.

Benefits of carrying out the PRM at home

By learning how to perform this procedure at home, you can carry out the movements before your next clinic appointment, giving the treatment more chance to work. It may also help if you have a recurrence of BPPV.

How do you know which side to treat?

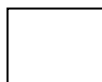
If your BPPV has been diagnosed for a particular side, your Audiologist or Medical Consultant will be able to advise on which side to treat (see tick box). Otherwise treat the side which causes the most symptoms when lying down. If in doubt, or if the treatment does not appear to work, please seek advice from your Audiologist or Medical Consultant.

Risks

Only attempt the PRM at home if you have been advised to do so by your Audiologist or Medical Consultant. The procedure is not always recommended if you have a known neck or back problem, or any difficulty breathing when lying down flat. If you are in any doubt about your suitability, ask your Audiologist or Medical Consultant. It is always recommended that you have someone with you when performing the PRM. There is a small chance that PRM treatment can lead to BPPV in a different balance canal. If this happens then alternative treatments are available.

Alternatives

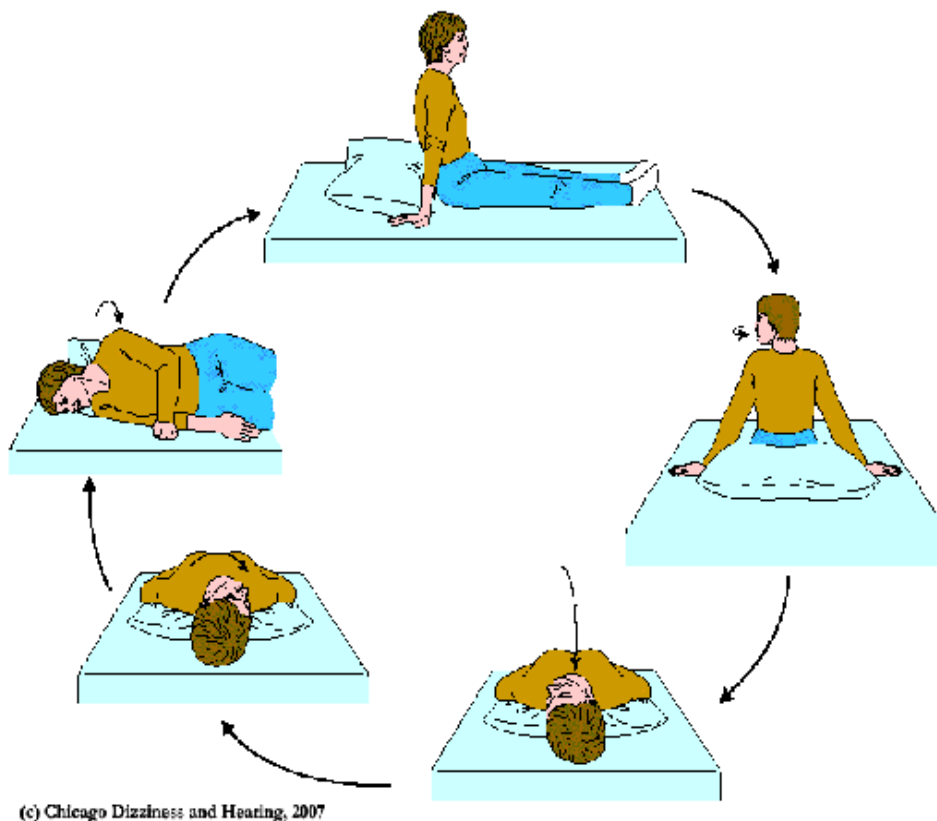
You can have your PRM carried out in the clinic by the Audiologist or Medical Consultant if you prefer not to carry this treatment out yourself at home.

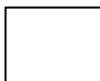
PRM for Left-sided BPPV:

- 1) Sitting comfortably in the middle of your bed, turn your head 45° to the left.
- 2) Keeping your head 45° to the left, lie down so that your head is hanging over the edge of the bed at a 30° angle. It is useful to have someone supporting your head at this stage. Alternatively, for more neck support, you may like to rest your shoulders on a pillow (as shown in the diagram below).

This may provoke a transient sensation of dizziness/vertigo. Stay in this position for 30 seconds or until the dizziness stops, whichever is longer.

- 3) Keeping your head tilted back over the edge of the bed, slowly rotate your head towards the right side, so that it is now facing 45° to the right. Stay in this position for 30 seconds or until the dizziness stops, whichever is longer.
- 4) Keeping your head in the same position, roll your entire body over onto your right side, so that your eyes are now facing towards the floor. Stay in this position for 30 seconds or until the dizziness stops, whichever is longer.
- 5) Keeping your head tucked into your right shoulder, slowly sit up. Straighten your head and try to remain in an upright position for the next 20 minutes. Take your time when you stand up to ensure any dizziness has subsided.

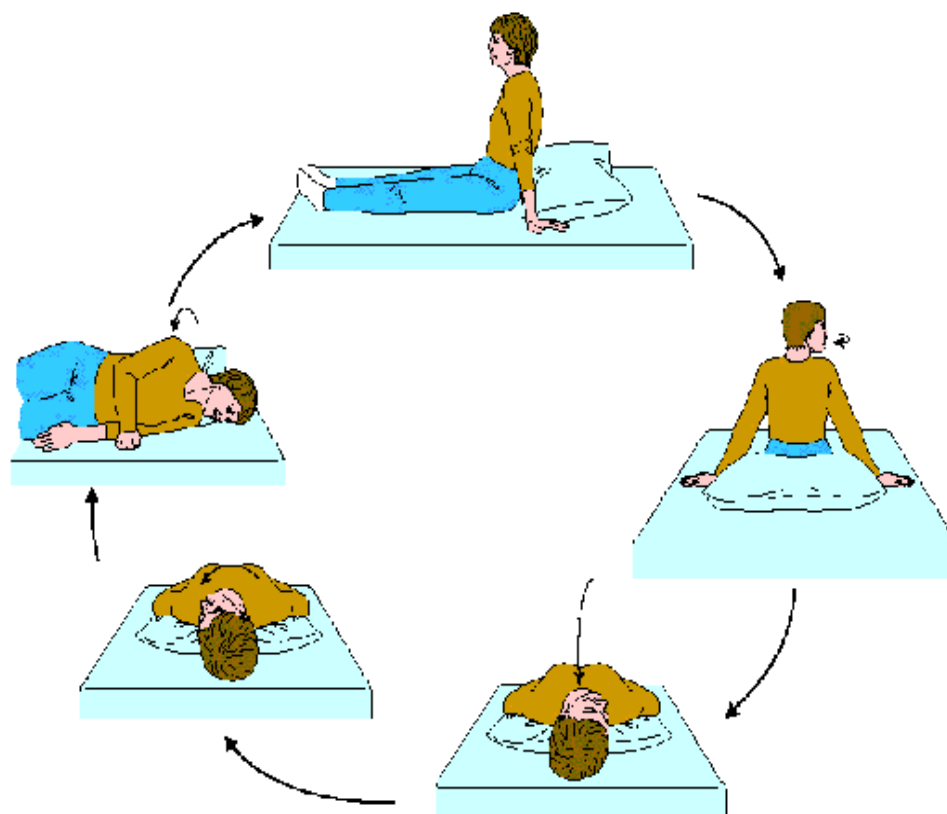


PRM for Right-sided BPPV:

- 1) Sitting comfortably in the middle of your bed, turn your head 45° to the right.
- 2) Keeping your head 45° to the right, lie down so that your head is hanging over the edge of the bed at a 30° angle. It is useful to have someone supporting your head at this stage. Alternatively, for more neck support, you may like to rest your shoulders on a pillow (as shown in the diagram below).

This may provoke a transient sensation of dizziness/vertigo. Stay in this position for 30 seconds or until the dizziness stops, whichever is longer.

- 3) Keeping your head tilted back over the edge of the bed, slowly rotate your head towards the left side, so that it is now facing 45° to the left. Stay in this position for 30 seconds or until the dizziness stops, whichever is longer.
- 4) Keeping your head in the same position, roll your entire body over onto your left side, so that your eyes are now facing towards the floor. Stay in this position for 30 seconds or until the dizziness stops, whichever is longer.
- 5) Keeping your head tucked into your left shoulder, slowly sit up. Straighten your head and try to remain in an upright position for the next 20 minutes. Take your time when you stand up to ensure any dizziness has subsided.



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We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact

Patient Information: 01223 216032 or

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Document history

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