



What is a BPPV?

Benign paroxysmal positional vertigo is an inner ear problem that causes short periods of dizziness when your head is moved in certain positions. Most commonly, it occurs when laying down, turning over in bed, and looking up.

What causes BPPV?

BPPV is thought to occur due to debris moving from one part of the inner ear to another. These debris are called otoconia are crystals that are supposed to be attached to a part of the inner ear. In BPPV, the crystals become loose and go into one of the semi-circular canals. When you move your head a certain way, the crystals move inside the canal, irritate nerve endings, and cause dizziness.

How is BPPV treated?

Most people recover with a simple neck maneuver performed by a physical therapist designed to move the crystals out of the canal and back to where they came from. The most common maneuver is the Epley maneuver and is successful 85% of the time.

Why does my BPPV keep coming back?

There are a couple theories as to why BPPV can return. It is possible for new crystals to break off or to dislodge loose crystals by placing your head in certain positions. Usually, the Epley maneuver continues to be successful in these cases.

