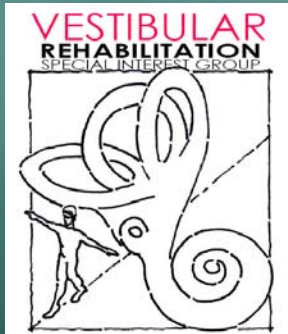


FACT SHEET



Author: Joseph Lacko, DPT

After BPPV Repositioning



What to expect after treatment—Post treatment of BPPV

Sometimes the reason that people get dizzy or feel like they are spinning is that objects in the ear—very small crystals—get into a part of the ear where they don't belong. If this is why you get dizzy, a Physical Therapist may perform a “repositioning maneuver”—which involves turning your head while you are lying down—to put the crystals back where they belong. Often, this maneuver works the first time. Sometimes, the maneuver is performed more than once or even many times to get the best results. Sometimes the crystals get “stuck” and do not move back where they belong as quickly as they should. If that is the case, your Physical Therapist may use a vibration device during more repositioning maneuvers to loosen the crystals and get them to move.

How will I know that the treatment is working?

You will know that the treatment is working, because the movements that made you dizzy will be easier to tolerate. If after a few days you still get dizzy or feel like you are still spinning, then the Physical Therapist may decide to perform the treatment again.

Research shows that the repositioning maneuver works on the first effort, 80-90% of the time. After this effort, you may feel nauseous, dizzy, or have more trouble balancing than before. This can last for several hours. Avoid dangerous activity or being at risk of falling for the rest of the day after the repositioning maneuver. Your Physical Therapist may eventually give you exercises to do at home to help with balance and dizziness that remains.

What else should I do after treatment?

For several hours, you should not turn your head quickly or tilt your head far up (as if looking to the sky) or far back (such as when lying on your back, looking down at your shoes, or picking something up from the floor). You can sleep that night in whatever position you choose. Starting the next day, you **SHOULD** continue your normal activity and move your head as normally as possible. That will help you feel better faster, and by then, head turning won't cause the problem to come back.



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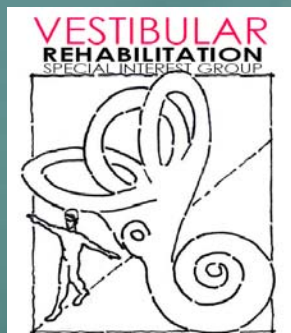
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After BPPV

Repositioning



Can the dizziness come back?

In the three years after treatment, the symptoms return in 30% of people who had BPPV. If this happens, you should contact your Physical Therapist. If he or she finds that the crystals are back out of place, they may perform the maneuver again. Research shows that the best treatment is the maneuver, and it can work again and again, though sometimes more quickly or more slowly.

If the dizziness comes back, the crystals may be in a different place, so your next repositioning may be different than before. **You should NEVER try to put the crystals back on your own** unless your therapist decides you should and shows you how. Doing so can make your problem worse.



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