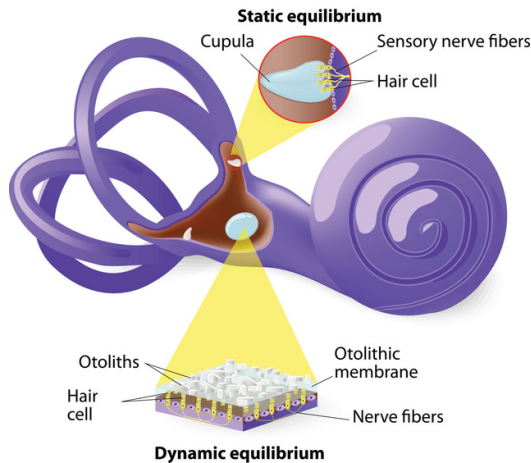


Dix-Hallpike Test

Overview: position testing for posterior canal benign paroxysmal positional vertigo (BPPV)

VESTIBULAR SYSTEM



Test:

- 1) Screen the individual for any cervical problems that may hinder performing this test
- 2) Patient will sit on the exam table in long sitting and the head is turned 45° horizontally.
- 3) Head and trunk are brought back straight back together so that head is hanging over the edge of the exam table by 20°.

***Observe if any nystagmus is occurring: what direction it is moving and for how long*

- 4) Bring the patient back up slowly to a sitting position with the head still turned 45°

***Observe if any nystagmus is occurring: what direction it is moving and for how long*

Outcome:

-Positive test: if there is up-beating and torsional nystagmus in the same direction as the head turn

-negative test: no nystagmus seen

***If nystagmus noted is difficult to distinguish refer to vestibular PT specialist*

Reference:

Bhattacharyya N, Baugh RF, Orvidas L, Barrs D, Bronston LJ, Cass S, Chalian AA, Desmond AL, Earll JM, Fife TD, Fuller DC, Judge JO, Mann NR, Rosenfeld RM, Schuring LT, Steiner RW, Whitney SL, Haidari J; American Academy of Otolaryngology-Head and Neck Surgery Foundation. Clinical practice guideline: benign paroxysmal positional vertigo. *Otolaryngol Head Neck Surg.* 2008 Nov;139(5 Suppl 4):S47-81. doi: 10.1016/j.otohns.2008.08.022. PMID: 18973840.

ANPT Concussion/mTBI Knowledge Translation Task force

Handout Created by:

Naseem Chatiwala, PT, DPT, MS; Annie Fangman, PT, DPT; Michelle Gutierrez, PT, DSc; John Heick, PT, DPT, PhD; Ethan Hood, PT, DPT, MBA; Victoria Kochick, PT, DPT; Becky Bliss, PT, DHS, DPT; and Pradeep Rapalli, PT, DPT

Clinical Practice Guideline Physical Therapy Evaluation and Treatment After Concussion/Mild Traumatic Brain Injury

Journal of Orthopedic & Sports Physical Therapy; April 2020; Volume 50, Issue 4



This is for informational and educational purposes only. It does not constitute and should not be used as a substitute for medical advice, diagnosis, rehabilitation, or treatment. Patients and other members of the general public should always seek the advice of a qualified healthcare professional regarding personal health and medical conditions. The Academy of Neurologic Physical Therapy and its collaborators disclaim any liability to any party for any loss or damage by errors or omissions in this publication.