



*Jasper
Hulscher*

Clinic Director,
Milton Chiropractic
Clinic

BPPV Manoeuvres (Vertigo)

Benign Paroxysmal Positional Vertigo (BPPV) is one of the most common causes of Vertigo. It is often described as a sudden sensation that you're spinning or that the inside of your head is spinning. These symptoms of dizziness are usually triggered by specific changes in your head's position. A common example is the onset of dizziness when turning your head in bed.

BPPV causes brief episodes of mild to intense dizziness. BPPV can be effectively treated with the appropriate mechanical manoeuvres. Here are the "repositioning" processes step by step. Easy to follow and easy to perform at home.

Epley Manoeuvre

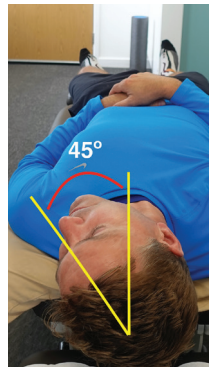
Step 1



- 1 - Sit upright.
- 2 - Turn your head to a 4-degree angle.



Step 2



- 1 - Lay on your back.
- 2 - Keeping your head at a 45-degree angle to the side, with a 30-degree tilt backwards.
- 3 - Hold for 30 secs or until dizziness subsides.



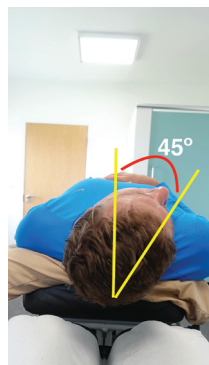
Step 3



- 1 - With exceptional slow movement turn your head to the opposite side, keeping the 30-degree tilt backwards in place, taking approx 30 secs to complete.



Step 4



- 1 - Stay on your back.
- 2 - Keeping your head at a 45-degree angle to the side, with a 30-degree tilt backwards.
- 3 - Hold for 30 seconds.



Step 5



- 1 - Turn on to your side.
- 2 - Don't raise your head up! Slowly turn on your side.
- 3 - Once you're on your side, turn your head 45 degrees looking to the floor.
- 4 - Hold for 30 secs or until dizziness subsides.



Step 6



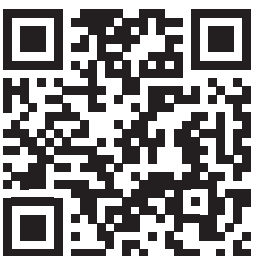
- 1 - While still laying down, tuck your chin in to stabilise your neck. Return to the seated upright position.
- 2 - If your dizziness doesn't subside straight away after doing the Epley manoeuvre once, you can do it up to three times a day.



AFTERCARE - Try to not overextend the neck for up to a week after doing the manoeuvres.

- Sleep supported by two pillows
- Avoid sudden or extended turning of the neck
- Don't tilt your head too far (e.g., washing hair at salon)
- Take extra care when shaving to not extend or tilt the neck

Scan to watch the video



Link to video:

<https://youtu.be/960UuN5Sie4>

Milton Chiropractic Clinic 2 Ely Road, Milton, Cambridge, CB24 6DD **01223 864444** miltonchiropractic.co.uk

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