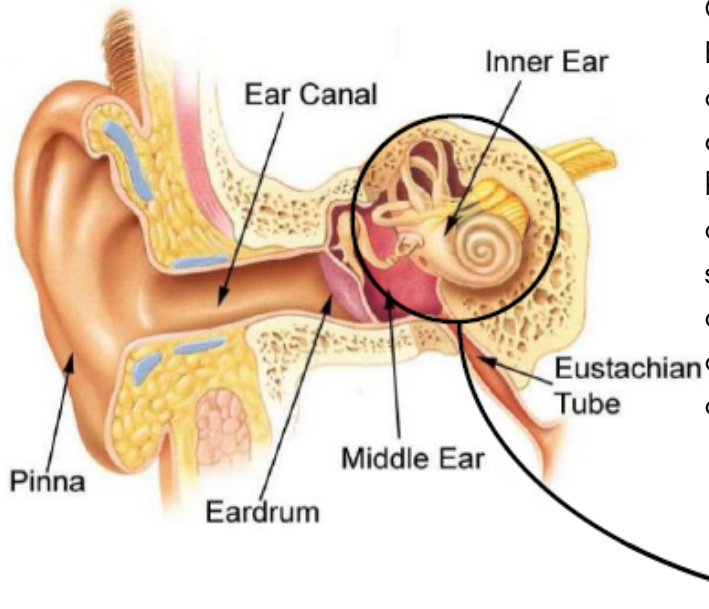
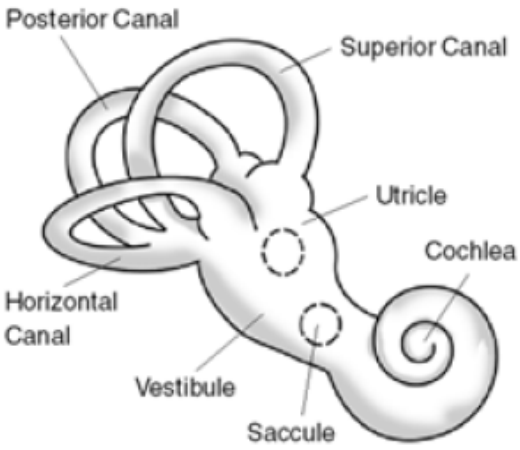
VERTIGO

WHAT IS BENIGN PAROXYSMAL POSITIONAL VERTIGO?

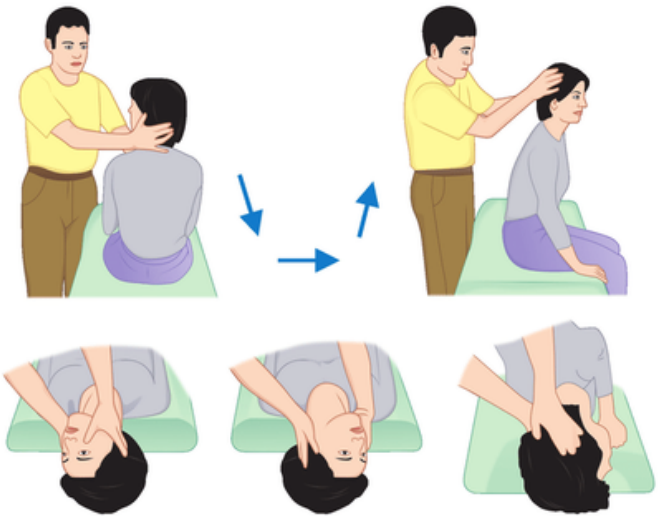
BPPV (benign paroxysmal positional vertigo) is a common cause of vertigo symptoms such as dizziness, nausea and feeling light headed or unsteady. The condition can be either insidious or after an event such as a motor vehicle accident or fall.



Common activities that can bring on symptoms of BPPV can include rolling in bed, looking up to hang out washing, rising from sitting or even walking. The condition is caused when the small crystals which help to tell us where our head is positioned dislodge or become "stuck" in one of the semicircular canals. This is why different activities affect different people, as each activity will favour one of the three canals which function to tell us our head position.



With the crystals out of their correct position, there is then a disagreement between our eyes and ears as to where our head is, leading to symptoms such as nausea (much like on a show ride). The good news is, with assessment of which canal the crystal has affected and appropriate manoeuvre, you can be well on your way back to normal life! We have vestibular physios that can treat this condition.



The Epley Maneuver