

BPPV (Benign Paroxysmal Positional Vertigo)

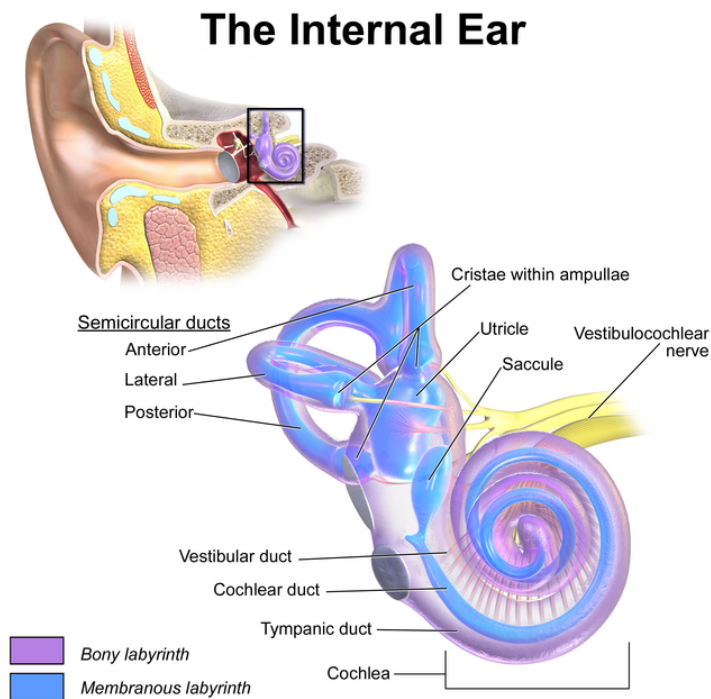
Benign Paroxysmal Positional Vertigo or BPPV is a mechanical problem of the labyrinth organ of the inner ear and the most common cause of vertigo, effecting about 3% of people over their lifetime. The labyrinth organ has 3 semi circular canals that detect rotational movement of the head in different planes, as well as 2 pads of jelly, coated in calcium carbonate crystals that detect linear acceleration in the horizontal and vertical planes.



At times, some of the calcium carbonate crystals will become dislodged and make their way into one of the canals, altering the way the fluid in the canal moves. The result is that the left and right ear are sending conflicting movement information to the brain, resulting in vertigo.

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Symptoms of BPPV can vary but most report relatively short-lived episodic spinning or vertigo, triggered by certain movements of the head, with a sensation of imbalance between attacks. The condition is much more common over the age of 50 years.



Diagnosis of BPPV is made in the clinic with tests designed to stimulate the different canals. When positive, the test will elicit both symptoms as well as a characteristic eye movement called a nystagmus.

While considered to be a self-limiting condition, the average time to resolution is over a month and for many it will not correct without intervention. Treatment of the condition involves a sequence of specific head and body movements to roll the crystals out of the canal. The exact technique will vary depending on the canal effected and whether the crystals are free floating or stuck.



Book Now

If you feel as though you may be suffering from BPPV, don't put up with the symptoms. Book an appointment with one of our experienced physios to treat the condition and get you back In Balance!