

After BPPV Repositioning

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Fact Sheet

What to expect after treatment—Post treatment of BPPV

Some people get dizzy or feel like they are spinning when lying down, rolling or bending over. Particles in the inner ear get into a part of the ear where they don't belong. If this is the reason for your dizziness, a physical therapist may perform a "repositioning maneuver". The treatment involves turning your head and body to move the particles back to where they belong. This maneuver may work the first time. Sometimes, it takes more than one treatment

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How will I know that the treatment is working?

You will know that the treatment is working, because the movements that made you dizzy are easier to tolerate. If after a few days you still get dizzy when lying down, then the physical therapist will do the treatment again.

Research shows that the repositioning maneuver works 80-90% of the time on the first visit if performed twice by the therapist. After the treatment, you may feel nauseous, dizzy, or have trouble balancing. This is normal. Avoid strenuous activity or lying flat for the rest of the day. Your physical therapist may give you exercises to do at home to help with balance and dizziness. They may also teach you how to do the maneuver at home, modified with a pillow under your shoulder and trunk.

What else should I do after treatment?

After the treatment, the therapist will ask you to sit quietly to let the inner ear system settle down. At that time, do not move your head quickly or tilt your head up (as if looking to the sky) or down (looking down or picking something up from the floor). You can sleep that night without extra pillows. 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.

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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