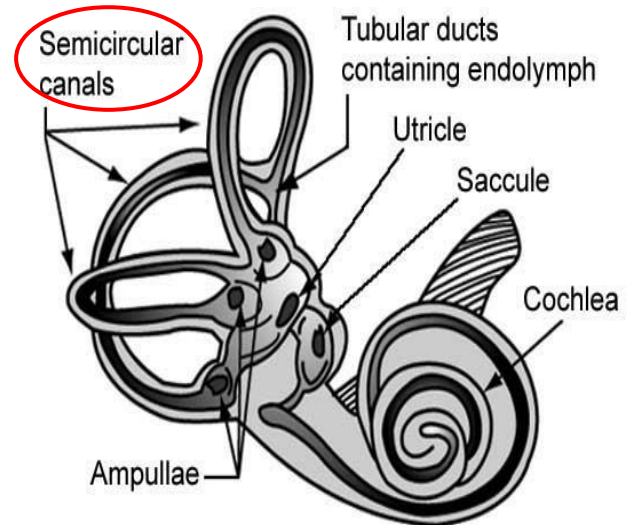


Vestibular Rehabilitation

Do I have Horizontal Canal BPPV?

(Supine Roll Test)

Benign Paroxysmal Positional Vertigo (BPPV) is the most common cause of inner ear dizziness. BPPV is caused by loose crystals, called “otoconia.” Sometimes these crystals can detach from their normal location and fall into one of the semicircular balance canals. When this happens, changes in head position cause the crystals to move inside the semicircular canal. This triggers a spell of dizziness or a spinning feeling (vertigo).



- **Symptoms:** Spells of brief “room spinning” dizziness that lasts less than one minute.
- **What triggers the dizziness?** This is most commonly noticed when rolling over in bed.

How do I know if I have BPPV?

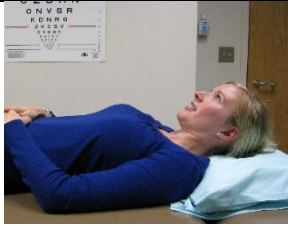
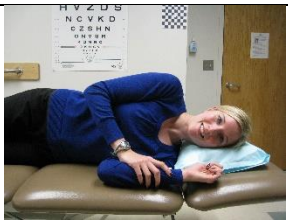


You can perform a simple positional test - the Supine Roll Test (see instructions on next page) to figure out if you have BPPV. This test will suggest which side to treat, however you may need additional help from your physical therapist. It is **not** common to have BPPV in both ears at the same time.

What can help me confirm if I have BPPV??

To help confirm whether or not you have BPPV, you will need to have someone video tape your eyes during each position change.

- If you do have Horizontal Canal BPPV, both left and right roll positions will provoke vertigo. Most commonly, the side that brings on the most intense dizziness is the side that you will need to treat.
- If the tests do not provoke dizziness on either side, you may not have BPPV. Contact your healthcare provider if symptoms of positional dizziness continue.

Positional Testing Instructions (Supine roll test)

<p>1. Place one pillow at the head of your bed. If you have someone with you: Have them take a short (10 second) video of your eyes with a smartphone while you do each test. They should hold the phone so it is close enough to clearly see your eyes in the video. As you do each positional test, say out loud what test (“lying down with head center”, “roll left” or “roll right”) is being performed.</p>	
<p>2. Quickly lie down flat on your back, so that your head is propped up on a pillow. Record your eye movements for 10 seconds. “Lying down with head center”</p>	
<p>3. Keeping your head on the pillow, roll quickly on to your left side. If dizzy, try your best to keep your eyes open; stay in this position for 60 seconds. “Roll Left”</p>	
<p>4. Keeping your head on the pillow, return to lying flat on your back. If dizzy, try your best to keep your eyes open; stay in this position for 60 seconds. “Lying down with head center”</p>	
<p>5. Keeping your head on the pillow, roll quickly on to your right side. If dizzy, try your best to keep your eyes open; stay in this position for 60 seconds. “Roll Right”</p>	

To view a video demonstration of this test visit:

<http://michmed.org/AO4D6> or scan the QR code on the right.



What should I do following Positional Testing?

1. Slowly return to a seated position and remain seated until your symptoms have resolved.
2. If you are able to identify the most symptomatic side, perform the BBQ Roll Maneuver for that side to try to move the crystals back to their normal location. See instructions on next page.
3. If you are not able to determine the most symptomatic side, e-mail the eye videos to your physical therapist and wait for further instructions.

Where do I find the instructions for the BBQ roll maneuvers?

Review the handouts and videos for the left and right BBQ Roll Maneuvers.

- Go to: <https://careguides.med.umich.edu> or scan the QR code on the right.
- In the Search box type “Left BBQ Roll” or “Right BBQ Roll”. This will take you to links for the handouts, as well as videos that show you how to perform these maneuvers correctly.



Do not perform the BBQ Roll Maneuver for both right and left ears within the same 24-hour period.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by Michigan Medicine. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change. CC BY-NC-SA Last Revised: 3/2020