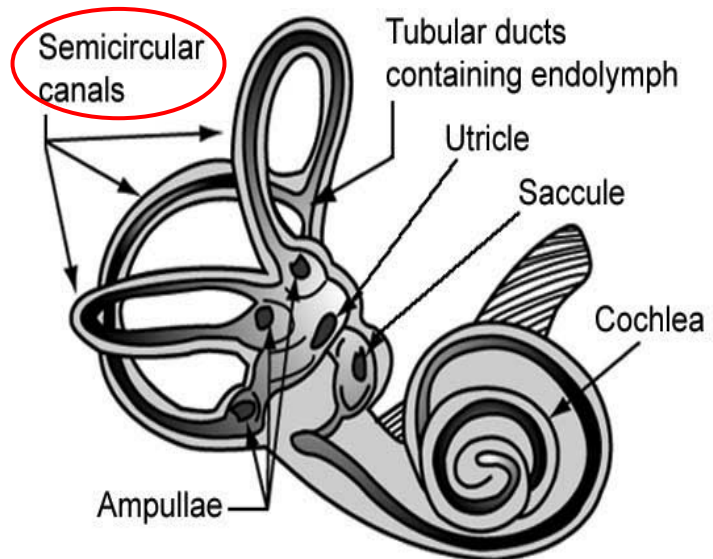


Vestibular Rehabilitation

BPPV How Do I Know Which Side to Treat? (Dix-Hallpike 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).

- **What are the symptoms of BPPV?** Spells of brief “room spinning”
- **What triggers the dizziness?** Changes in head position. This is most often noticed when rolling over in bed, getting in or out of bed, tipping your head up, or bending your head down.



How do I know if I have BPPV?

You can perform a simple positional test to figure out if you have BPPV. This test will also tell you which side to treat. Instructions for the test are on the next page. It is **not common** to have BPPV in both ears at the same time.

What should I know before I do the test for BPPV?

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

- Go to: <https://careguides.med.umich.edu>

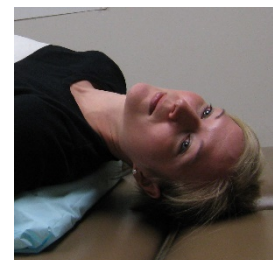
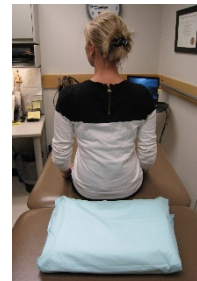
- In the Search box type “Left Epley” or “Right Epley.” This will take you to links for the handouts, as well as videos that show you how to perform these maneuvers correctly.

Begin by sitting on your bed

- **Place a pillow or folded blanket on the bed.** The pillow or blanket should be at the level of your shoulder blades when you lie down. The pictures below show where the pillow or blanket should be placed. This will allow your head to tip back slightly when you lie down flat on your back.
- **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 (left or right) is being performed.

To test the left ear:

- Turn your head halfway to the **left** and lie down **quickly**. Keep your head turned halfway (45 degrees) to the **left**. Your head should be slightly tipped back. Wait for 30 to 60 seconds.
- If there is no dizziness after 60 seconds, sit back up. Move on to the test for the **right** side. (See below).
- If you feel room spinning dizziness, stay in this position for another 30 seconds. After 30 seconds, you should do the rest of the Epley Maneuver for the **left** ear. (See handout on the **Careguides website**).



To test the right ear:

- Turn your head halfway to the **right** and lie down quickly. Keep your head turned halfway (45 degrees) to the **right**. Your head should be slightly tipped back. Wait for 30 to 60 seconds.
- If there is no dizziness after 60 seconds, sit back up.
- If you feel room spinning dizziness, stay in this position for another 30 seconds. After 30 seconds, you should do the rest of the Epley Maneuver for the **right** ear. See handout on the Careguides website).



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