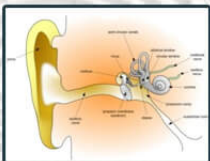


home exercises

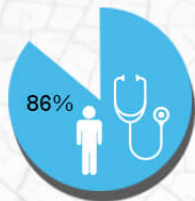
for vertigo sufferers



Benign Paroxysmal Positioning Vertigo is caused by loose inner ear crystals in the inner ear that migrate (during sleep time) to the backbottom inner ear balance canal.

The maneuver demonstrated below is the way to reposition the loose crystals so that the symptoms caused by the loose crystals go away.

BPPV accounted for **8%** of individuals with moderate or **severe dizziness/vertigo**.



In 86% of affected individuals, BPPV led to medical consultation, interruption of daily activities or sick leave.

Benign paroxysmal positional vertigo (BPPV) is probably the most common cause of vestibular vertigo accounting for approximately 20–30% of diagnoses in specialised dizziness clinics.



The evolution of highly effective positioning manoeuvres has made BPPV the most successfully treatable cause of vertigo.

TREATING VERTIGO AT HOME

If you don't know what to do, vertigo will drive you crazy and can break the bank with standard medical diagnostics. Vertigo and dizziness, with or without nausea, and with or without sudden movements, is most often caused by *prescription drugs* (heart and blood pressure drugs are the most offensive). Today there are millions of cardiac invalids teetering around light-headed, nauseous, out of balance and falling, fainting, or suffering through endless vertigo and dizziness because of their medications.

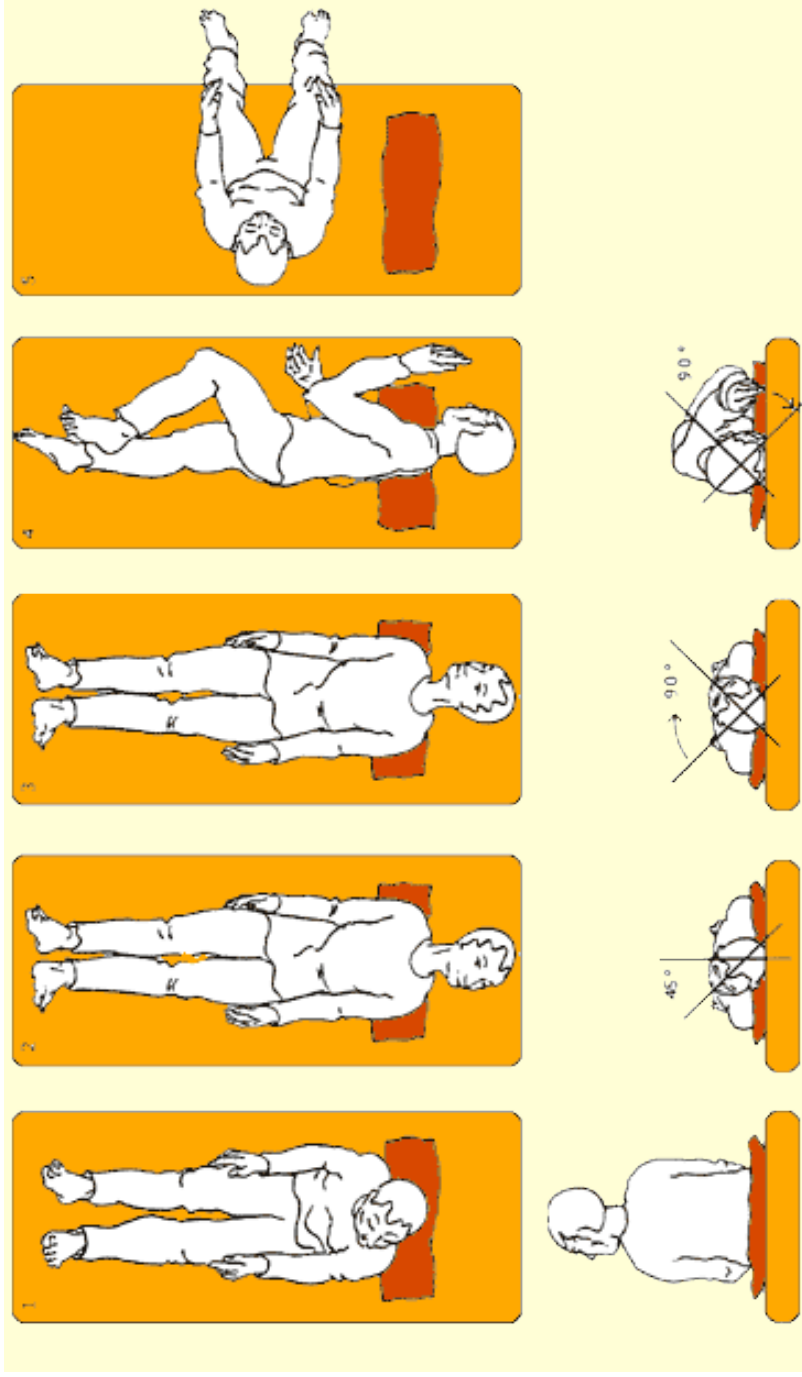
Other causes of chronic vertigo and dizziness are wheat, adrenal insufficiency, and hypothyroid. Another major cause is misaligned vertebrae (usually in the upper neck). This is often caused by a whiplash accident. And finally, *dislodged ear rocks* are also a major cause of vertigo and dizziness. Ear rocks are debris, or tiny calcium crystals that become dislodged from a normal position and deposited into a sensitive portion of the ear canal.

Treating ear rocks should be the first attempt to resolve this problem because it is easy and free. Basically you need to do a 10-minute exercise several times daily for a week to 10 days. Most people with vertigo usually know which side or which ear is most affected. If you do not, start with the right side. If no results are forthcoming after seven days, suspect the left ear and perform the exercises in reverse.

- 1) Start in a sitting position on your bed. This settles ear rocks in the *posterior canal* of your ear.
- 2) Lie down on your back with your head turned 45° to the right and hanging slightly over the edge of the bed (about 20-30°). The ear rocks will gravitate away from the *ampulla* area of the ear canal. Stay in this position until the dizziness clears, or for 30 seconds.
- 3) Now with your head still hanging slightly over the edge of the bed 20-30°, turn it to the opposite side 45° from center. The ear rocks move to the *apex* of the ear canal. Stay in this position until the dizziness clears, or for 30 seconds.
- 4) Without raising your head up, now roll onto your left side, facing down toward the floor. The ear rocks gravitate to the *common crus* of the ear canal. Stay in this position until the dizziness clears or for 30 seconds.
- 5) While keeping your head turned to the left, sit up straight. The ear rocks move through the *common crus* of your ear canal.
- 6) Straighten your head looking forward and tilt your head down. The ear rocks drop into the *utricle* of the ear canal. You are now ready to start another sequence.

Perform five sequences, twice daily for seven to 10 days. In cases where ear rocks are the cause of the problem, the dizziness and vertigo will be resolved. If you get no results in 7 days, suspect the left ear as the problem. Start the exercises again with the following changes: In #2 turn your head to the left. In #4 roll onto your right side. In #5, keep your head turned to the right. Everything else is done the same.

Self-treatment of benign positional vertigo (left) *



Start sitting on a bed and turn your head 45° to the left. Place a pillow behind you so that on lying back it will be under your shoulders.

Lie back quickly with shoulders on the pillow and head reclined onto the bed. Wait for 30 seconds.

Turn your head 90° to the right (without raising it) and wait again for 30 seconds.

Turn your body and head another 90° to the right and wait for another 30 seconds.

Sit up on the right side.

This maneuver should be carried out three times a day. Repeat this daily until you are free from positional vertigo for 24 hours.

*If the symptoms are worse on the RIGHT, reverse the second and third maneuvers.

After treatment, you may have a sensation of light-headedness and have slight difficulty with balancing for a few days. You should wait for at least 10 minutes after completion of the maneuver before activity and should avoid driving for a short time.

It is important to note that the Epley maneuver is only effective for treating BPPV of the posterior semicircular canal. If you have used the Epley maneuver and your symptoms persist, your BPPV may be affecting a different semicircular canal, or your vertigo may be caused by another condition. It is best to be re-evaluated by your practitioner to determine further treatment options.

For one week following resolution of vertigo symptoms:

- use multiple (2) pillows when you're sleeping
- try to stay as upright as possible
- avoid sleeping on the affected side
- possibly use a soft cervical collar to maintain a neutral head position
- avoid extending your head backwards when lying on your back, especially when your head is turned towards the affected side
- avoid low back exercises
- avoid abdominal crunches/sit-ups
- avoid "crawl" type swimming movement