



Use the side and manoeuvre selected by your therapist. Stop and seek advice if the response is not as expected.

WHAT IS BPPV?

BPPV occurs when tiny calcium crystals (otoconia) become displaced into one of the semicircular canals of the inner ear. When the head changes position, the crystals move and send a false signal that the head is turning. This can cause brief vertigo and characteristic eye movements called nystagmus.



LEFT HORIZONTAL CANAL BPPV - BBQ ROLL

1 LEFT RIGHT Lie flat on your back.	2 90° LEFT RIGHT Roll 90° to your left, onto your left side.	3 LEFT RIGHT Roll back onto your back.
4 90° LEFT RIGHT Roll 90° to your right, onto your right side.	5 90° LEFT RIGHT Continue another 90° to the right, onto your stomach, face down.	6 LEFT RIGHT Move backward to sit up. One leg over the bed edge may help.

AFTERCARE



EXPECTED AFTER-EFFECTS

Temporary dizziness, foginess, imbalance, motion sensitivity or headache can occur. This does not mean the manoeuvre has failed — your brain and balance system may still be adjusting.



MOVEMENT PRECAUTIONS

If instructed, avoid bending forward or looking up for the time specified by your therapist.



FOLLOW-UP

Your therapist will explain whether review is needed and when to contact us if symptoms persist, return or do not feel right.



HOME TREATMENT: Follow the correct sequence, move slowly and use the plan prescribed for you.

