Patient information

Physiotherapy

Vestibular BBQ Roll

Left horizontal canal BPPV - Home Exercises

Benign Paroxysmal Positional Vertigo (BPPV) is the most common cause of vertigo, a false sensation of movement, like spinning. The following sequence of positions can be used to treat BPPV.



1. Start by lying down on your back with left ear down on the pillow.



2. Turn head **slowly** to the right until you are looking straight up at the ceiling.

   Stay in this position for 1 to 2 minutes.



3. Continue to turn your head towards the right until the left ear is facing up and right ear is touching pillow.

   Stay in this position for 1 to 2 minutes.

Partnering with Consumers - 2.9 Where information for patients carers, families and consumers about health and health services is developed internally, the organisation involves consumers in its development and review. *Standard 2, 2nd edition*

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4. Roll your whole body over to the right until your head and body are face down.

   Keep your chin tucked in.

   Stay in this position for 1 to 2 minutes.



5. Continue to roll in the same direction until you are on your left side.

   Stay in this position for 1 to 2 minutes.



6. **Slowly** sit up.

   Make sure you feel steady before standing up.

   Consider having someone with you if you feel unwell or unsteady.

Health Professional: _____

Contact details: _____

Prescription
• Repeat _____ times per day
• Continue until you are symptom free for _____ days in a row

Reference: Herdman, S., & Clendaniel, R. (2014). Vestibular Rehabilitation. (4th ed.). Pennsylvania: F.A Davis Company.

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Created by Princess Alexandra Hospital Physiotherapy

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