UpRight Physiotherapy
keep your balance

PATIENT INFORMATION

BPPV

Benign paroxysmal positional vertigo

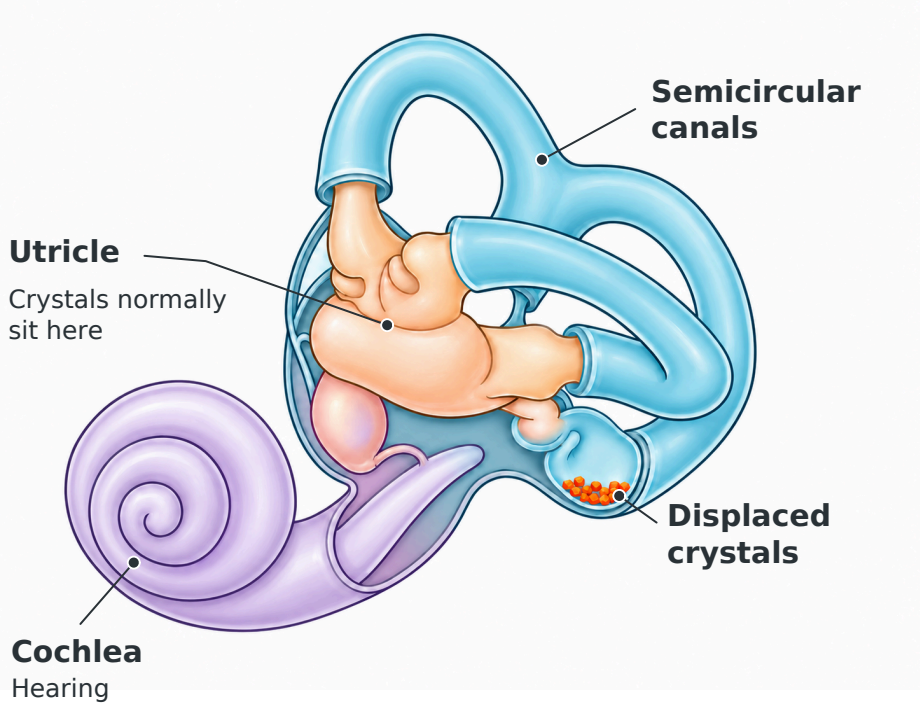
Understanding your inner-ear crystals

What is BPPV?

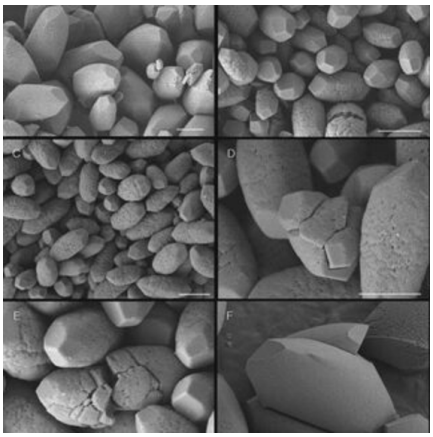
BPPV is a common inner-ear condition that causes brief spells of **vertigo** - a false feeling that you or your surroundings are moving or spinning. It is not life-threatening, but can feel intense and increase your risk of falls.

Tiny crystals, wrong place

Tiny calcium carbonate crystals (**otoconia**) normally sit in the **utricle** and help sense head position. If they become dislodged and enter a semicircular canal, head movements can make them disturb the fluid and send false movement signals to the brain.



Simplified inner-ear illustration; not to scale.



Crystals (otoconia) seen under a microscope. They are much smaller than shown here.

What might you notice?

- Spinning when rolling in bed, lying down, looking up, or bending over
- Spells usually last **less than 1 minute** once your head is still
- Nausea or unsteadiness may linger between spells

Why me? What happens next?

BPPV often starts without a clear cause. It is more common with age and after head injury or inner-ear illness.

A clinician confirms BPPV using positional tests and observation of eye movements. **It is usually very treatable, but can return.**

Sources: AAO-HNS BPPV guideline (2017); Royal Victorian Eye and Ear Hospital BPPV information (2023).