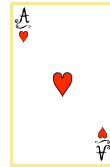


Benign paroxysmal positional vertigo (BPPV) Part 2

Treatment

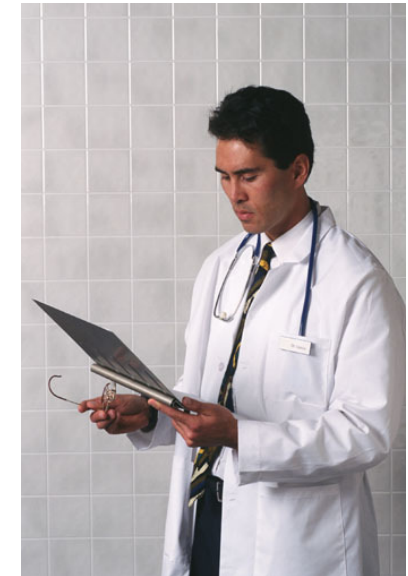
Step 4: Finally, you return carefully to a sitting position and then tilt your head down.

After the procedure, you must keep your head upright for 48 hours, even as you sleep. This allows time for the particles floating in your vestibular labyrinth to settle into your utricle. You may need to wear a neck collar to prevent tilting your head. It may be necessary to repeat the procedure several times.



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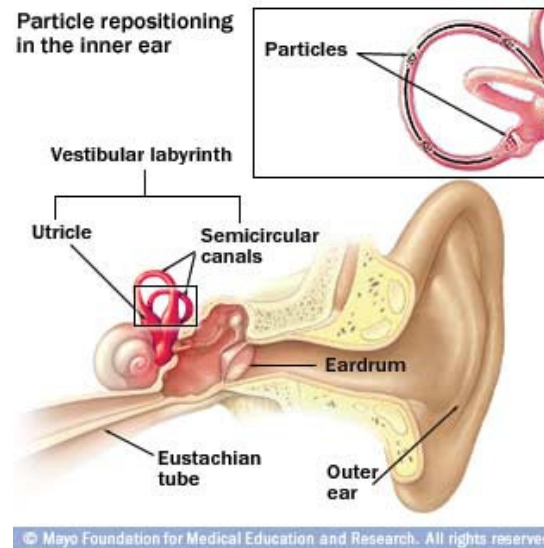


Canalith Repositioning Procedure

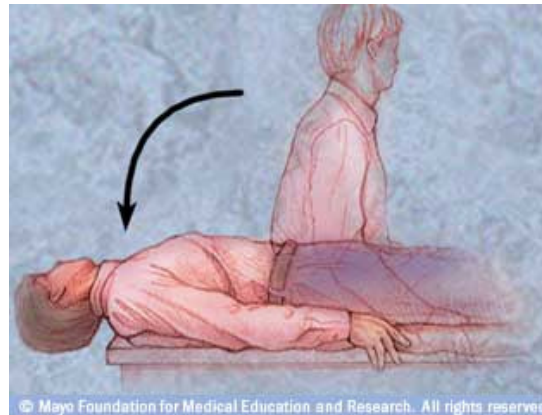
Re-balancing your balance

Benign paroxysmal positional vertigo (BPPV) involves brief episodes of intense dizziness when you change the position of your head. Vertigo usually results from a problem with the nerves and structures of balance mechanism in your inner ear (vestibular labyrinth). BPPV occurs when particles break loose and fall into the wrong part of the canals of your inner ear, producing an episode of vertigo.

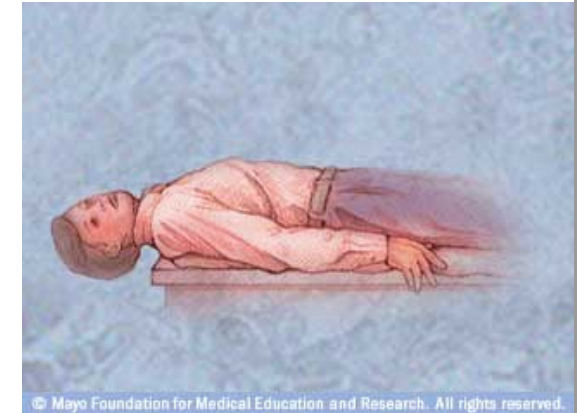
To help relieve BPPV, you may undergo the canalith repositioning procedure. Performed in your doctor's office, this procedure consists of several simple head maneuvers. The goal is to move particles from the fluid-filled semicircular chambers of your inner ear into a tiny bag-like structure (utricle) where these particles don't cause trouble. Each maneuver is held for about 30 seconds.



Step 1: First, you move from a sitting to a reclining position. Your doctor will help extend your head over the edge of the table at a 45-degree angle.



Step 2: Next, with your head still extended over the edge of the table, your doctor will prompt you to turn your head to the right.



Step 3: Next, you roll onto your side. Your head should be slightly angled while you look down at the floor.

