Positional Dizziness (BPPV)

Information for patients

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www.penninecare.nhs.uk

Patient Advice and Liaison Service
The Patient Advice and Liaison Service (PALS) acts on behalf of service users, families and carers to negotiate prompt solutions and help bring about changes in the way that services are developed. As well as providing a confidential advice and support service, PALS will help guide you through the different services available from the NHS.
Tel: 0161 716 3178

Comments and complaints
We want to learn from comments and complaints about our services. If you have any, please speak with a member of staff. Every effort will be made to resolve any concerns and complaining will not cause any difficulties in your care with us. You can also contact the Trust’s Complaints Department via post at Trust Headquarters, 225 Old Street, Ashton-under-Lyne, OL6 7SR.
Tel: 0161 716 3083
Email: complaints.penninecare@nhs.net

Become a member of our Trust
You can be the voice of your community by electing or becoming a governor, find out more about your local mental health and community services, and receive updates, comment on our plans and get invitations to health events.
Tel: 0161 716 3960
Email: ftmembership.penninecare@nhs.net

Alternative formats
If you need help to understand this information, require it in another format such as large print, spoken (on CD) or Braille, or require it in a different language – speak to a member of staff.

Useful contacts
Action on Hearing Loss
19-23 Featherstone Street, London, EC1Y 8SL
Telephone: 0808 808 0123
www.actiononhearingloss.org.uk

Useful websites
www.vestibular.org
www.dizziness-and-balance.com
www.patient.co.uk

If you have any questions or concerns about your appointment or the information given, please contact:
Community Hearing and Balance Service
Audiology Department, Fairfield General Hospital
Rochdale Old Road, Bury, BL9 7TD
Telephone: 01706 837 121
Fax: 01706 261 911

Community Hearing Care, Therapy and Balance Service
Audiology Department, Nye Bevan House
Maclure Rd, Rochdale, OL11 1DN
Telephone: 01706 261 918
Fax: 01706 261 911

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Positional dizziness

Positional dizziness, known as Benign Paroxysmal Positional Vertigo (or BPPV) is a disorder that usually causes spinning dizziness with certain head movements. About 20% of all dizziness is due to BPPV, and approximately 50% of dizziness in older people is due to BPPV. It occurs when loose crystals collect in the wrong part of the inner ear and send false signals to the brain.

The Epley manoeuvre

The Epley manoeuvre involves moving the head into certain positions to allow the crystals to move out of the part of the ear that is causing the problem and then dissolve in the fluid inside the inner ear.

After this has been done you will be advised to keep your head in an upright position for around twenty minutes. You might feel slightly unwell for a few days afterwards whilst the brain adjusts to the change. The manoeuvre may have to be repeated but is usually a very successful treatment for this condition.

Brandt-Daroff exercises

If the dizziness returns, you can perform Brandt-Daroff exercises at home to see if this relieves your symptoms.

These exercises are performed in three sets, each day for up to two weeks. Each set of exercises should be performed five times.

Suggested schedule for Brandt-Daroff exercises

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