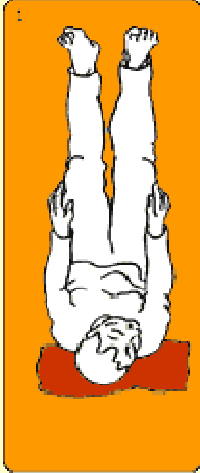
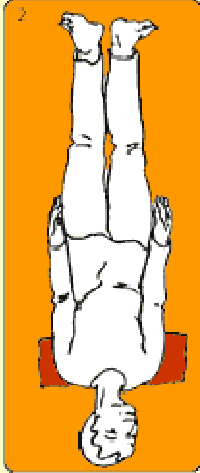
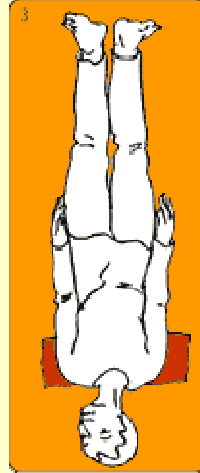
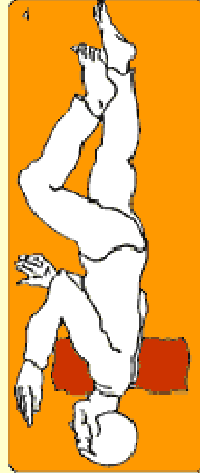
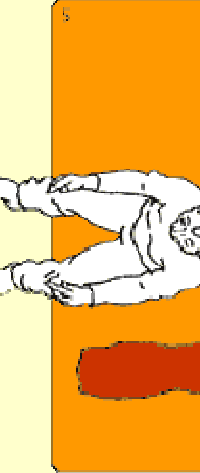
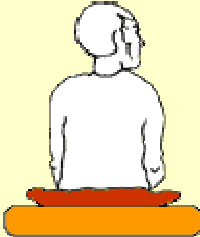
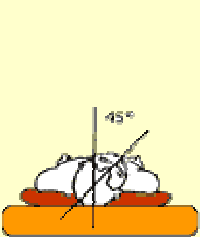
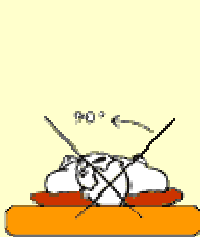
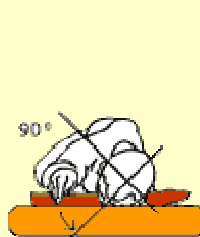


Benign Paroxysmal Positioning Vertigo: The problem is caused by loose inner ear crystals in the inner ear that migrate while sleeping to the back-bottom inner ear balance canal, the so-called "posterior semi-circular canal." The maneuver demonstrated below is the way to reposition the loose crystals so that the symptoms caused by the loose crystals go away. You may have a floating, swaying sense while walking or sitting for a few days after this procedure.

Self-treatment of benign paroxysmal positioning vertigo (right)

				
				
Start sitting on a bed and turn your head 45° to the right. Place a pillow behind you so that on lying back it will be under your shoulders.	Lie back quickly with shoulders on the pillow and head reclined onto the bed. Wait for 30 seconds.	Turn your head 90° to the left (without raising it) and wait again for 30 seconds.	Turn your body and head another 90° to the left and wait for another 30 seconds.	Sit up on the left side.

Andrea Radtke, Hannelore Neuhauser, Michael von Brevern, Thomas Lempert Neurologische Klinik, Charité Berlin, Germany, 1999

Instructions after the Canalith Repositioning (CRP) maneuver:

1. Keep chin straight forward to tipped down a bit.
2. Do not tip head back to drink water but use a straw.
3. Restrictions apply for the first 24 hours after the treatment. When reclining for sleep, sleep as near upright as possible. Ideally, the head should not tip backwards more than 30 degrees which means that the back cannot be tilted backwards more than 30 degrees.
4. There is no limit to how many times the CRP can be re-done.
5. If the CRP does not seem to clear the problem, please allow us to evaluate you again. Rarely, a more serious problem may initially look like Benign Paroxysmal Positioning Vertigo (BPPV). As well, some patients simply have too much debris in the posterior semi-circular canal to clear without surgery. Surgery can also relieve BPPV, but surgery is only rarely necessary.

Benign Paroxysmal Positioning Vertigo: The problem is caused by loose inner ear crystals in the inner ear that migrate while sleeping to the back-bottom inner ear balance canal, the so-called "posterior semi-circular canal." The maneuver demonstrated below is the way to reposition the loose crystals so that the symptoms caused by the loose crystals go away. You may have a floating, swaying sense while walking or sitting for a few days after this procedure.

Self-treatment of benign positional vertigo (left)

1	2	3	4	5
Start sitting on a bed and turn your head 45° to the left. Place a pillow behind you so that on lying back it will be under your shoulders.	Lie back quickly with shoulders on the pillow and head reclined onto the bed. Wait for 30 seconds.	Turn your head 90° to the right (without raising it) and wait again for 30 seconds.	Turn your body and head another 90° to the right and wait for another 30 seconds.	Sit up on the right side.

Andrea Radtke, Hannelore Neuhauser, Michael von Brevern, Thomas Lempert Neurologische Klinik, Charité Berlin, Germany, 1999

Instructions after the Canalith Repositioning (CRP) maneuver:

1. Keep chin straight forward to tipped down a bit.
2. Do not tip head back to drink water but use a straw.
3. Restrictions apply for the first 24 hours after the treatment. When reclining for sleep, sleep as near upright as possible. Ideally, the head should not tip backwards more than 30 degrees which means that the back cannot be tilted backwards more than 30 degrees.
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