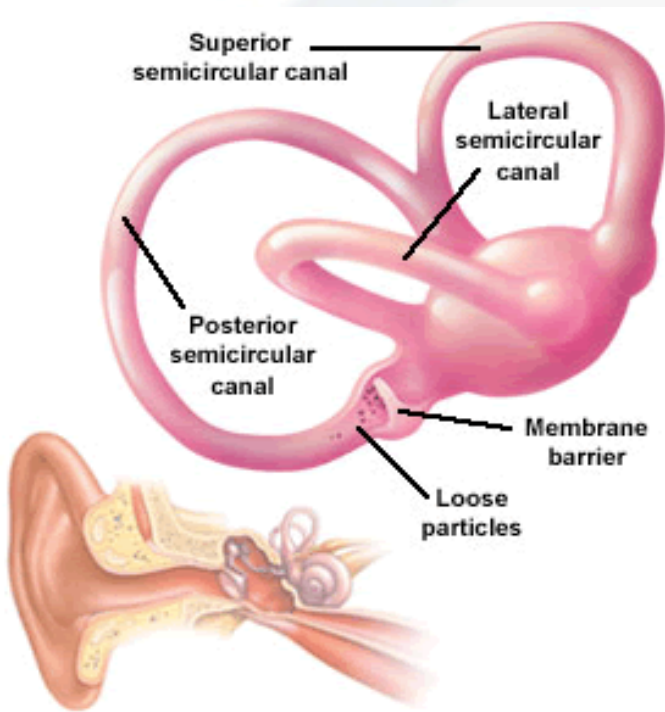


## **Benign Paroxysmal Positional Vertigo (B.P.P.V.)**



Degeneration of the salt-like crystals (otoliths) in the utricle which break free and float into or attach to the semicircular canals.

Symptoms include: attacks of vertigo with rapid, pitched head motion in a specific direction. These attacks may be triggered by looking up or down, left or right, rolling over in bed, bending over to tie your shoes or driving/riding in a vehicle.

### **Treatment Options Include:**

- Vestibular Therapy which may include Canalith Repositioning or Semont Liberatory Maneuver
- Desensitization Exercises
- Surgery

*This educational material is designed for use by Physicians to assist in the physician-patient discussion. It is not intended for use as the primary basis for medical judgments or decisions and does not replace the personal consultation between physicians and their patients.*

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