Benign Paroxysmal Positional Vertigo (BPPV)

CHAPTER GOALS

1. Describe common symptoms of benign paroxysmal positional vertigo (BPPV).
2. Describe signs of canalithiasis and cupulolithiasis.
3. Name 2 tests of posterior canal BPPV.
4. Name one test of lateral canal BPPV.
5. Identify conditions requiring extra care during examination or treatment of BPPV.
6. Identify contraindications to testing/treating BPPV.
7. Name and describe a repositioning maneuver for BPPV of each canal.

BPPV is the most common vestibular disorder, accounting for one-third of vestibular diagnoses in the general population.\(^1,2\) In BPPV, calcium carbonate otoconia have come loose from the otolithic membrane in the utricle and, when the patient changes head position or makes forceful head motions, move within the canals owing to the pull of gravity. This is a peripheral vestibular disorder. Within 7 days of posterior canal BPPV onset, 30% of patients will experience spontaneous remission.\(^2,3\)

Make sure the patient does not have any contraindications to testing or treatment, such as the following\(^4\):