Self-treatment of BPPV

Instructions from your provider

Do the BPPV self treatment for your right/left ear (circle one). Do this _____ times every morning until you don’t have any dizziness while doing the movement for 2 days in a row. If you are not better after _____ weeks, call your healthcare provider. Only do this treatment when you have a responsible adult with you.

BPPV SELF TREATMENT — RIGHT EAR

1. Sitting on a bed, turn your head 45° to the right. Place a pillow behind you so it will be under your shoulders when you lie back.

2. Keeping your head turned, lie back quickly with your shoulders on the pillow and your head tilted back onto the bed. Wait for 30 seconds.

3. Turn your head 90° to the left (without raising it), and wait again for 30 seconds.

4. Turn your body and head another 90° to the left, and wait for another 30 seconds.

5. While lying on your left side, move your legs over the edge of the bed. Keep your head turned to the left, and sit up. Once sitting, slowly turn your head to the center.

Adapted from Andrea Radtke, Hannelore Neuhauser, Michael von Brevern, Thomas Lempert Neurologische Klinik, Charité Berlin, Germany, 1991
BPPV SELF TREATMENT — LEFT EAR

1. Sitting on a bed, turn your head 45° to the left. Place a pillow behind you so it will be under your shoulders when you lie back.

2. Keeping your head turned, lie back quickly with your shoulders on the pillow and your head tilted back onto the bed. Wait for 30 seconds.

3. Turn your head 90° to the right (without raising it), and wait again for 30 seconds.

4. Turn your body and head another 90° to the right, and wait for another 30 seconds.

5. While lying on your right side, move your legs over the edge of the bed. Keep your head turned to the right, and sit up. Once sitting, slowly turn your head to the center.

Head-level view

Sitting on a bed, turn your head 45° to the left. Place a pillow behind you so it will be under your shoulders when you lie back.

Keeping your head turned, lie back quickly with your shoulders on the pillow and your head tilted back 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.

Adapted from Andrea Radtke, Hannelore Neuhauser, Michael von Brevern, Thomas Lempert Neurologische Klinik, Charité Berlin, Germany, 1991