

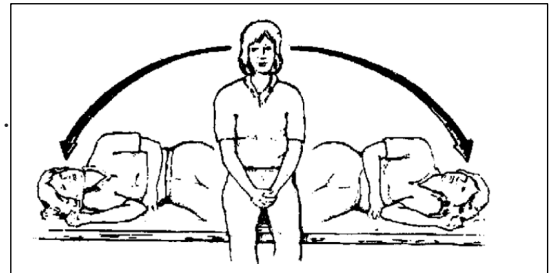
# Home Treatment of Recurrent BPPV

For many patients BPPV tends to recur. When this happens symptoms can be treated at home with **Exercises or Maneuvers**. Exercises, which move otoliths back and forth in the affected canals, can take weeks to work. **Maneuvers** that move displaced crystals out of the affected canals are more efficient and can fix a recurrence immediately or in just a few days. For a maneuver to work, however, you must know if the recurrence is in the right or left inner ear. Here I have described a quick way to determine which side a recurrence is on so you can proceed directly to a curative maneuver. I estimate this sequence will be effective for up to 85% of persons. If this does not work for you within a few days you may need to be evaluated to determine if your loose crystals are in an unusual location in the inner ear and require a more specialized maneuver.

**First**, you must determine if your loose crystals are on the right or on the left side. This is done by performing a **side-lying test**:

Do the Side-Lying Test:

- Start in an upright, seated position.
- Move into the side lying position on one side with your nose pointed up at about a 45-degree angle.
- Remain in this position for about 30 seconds (or until the vertigo subsides, whichever is longer). ...
- Repeat on the other side.



Treat the Affected Ear:

If your dizziness is triggered by lying on the **Right side** you should perform the Canalith Repositioning Procedure for the **Right ear**: Follow this QR code link for instructions: Perform this once daily for one week.



If your dizziness is triggered by lying on the **Left side** you should perform the Canalith Repositioning Procedure for the **Left ear**: Follow this QR code link for instructions: Perform this once daily for one week.



**How to use these QR codes:** Point your phone camera at the square that corresponds to the content you wish to view.

The square code should be bracketed by your camera. Tap the phone banner that pops up on your camera screen.

Your desired content will then be opened in your phone's internet browser.