



In this article, we will discuss vertigo, more specifically **Benign Paroxysmal Positional Vertigo (BPPV)**. Benign paroxysmal positional vertigo is an inner ear problem that causes short periods of vertigo (spinning sensation) when your head is moved in certain positions. It occurs most commonly when lying down, turning over in bed, and looking up. Even though you are still, you may feel like you are moving, or that the room is moving around you. You may also experience nausea, vomiting, sweating, and abnormal eye movements.

BPPV occurs when small pieces of calcium carbonate, commonly referred to as “crystals”, which are naturally in our inner ear, break loose and fall into another area within the semicircular canals. This disrupts the natural flow of fluid in our inner ear canals, which help keep us balanced. The “crystals” may break loose for many reasons following an inner ear infection, fever, concussion, any head trauma, including falling on Pickleball court, or whiplash injury. BPPV can also occur along with other diagnoses of the inner ear such as Meniere’s disease, migraines; or, idiopathic, with no known cause.

Most people recover from specific head/neck maneuvers, such as the Epley Maneuver, performed by a trained physical therapist, which are designed to move the “crystals” back into place. **Do not attempt to perform these maneuvers by yourself as you can make the condition worse.** Research shows that the repositioning maneuver works on the first effort, 80-90% of the time. An individual may experience only one episode of BPPV or it may occur as a chronic condition. Some people may require additional treatment including vestibular rehabilitation.

**If treated appropriately, an average episode of BPPV can subside in 24-72 hours and normal activities can resume, including Pickleball 😊**

**If someone is experiencing additional symptoms, such as weakness, difficulty speaking, change in mental/cognitive status, they may require emergency medical assistance.**

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