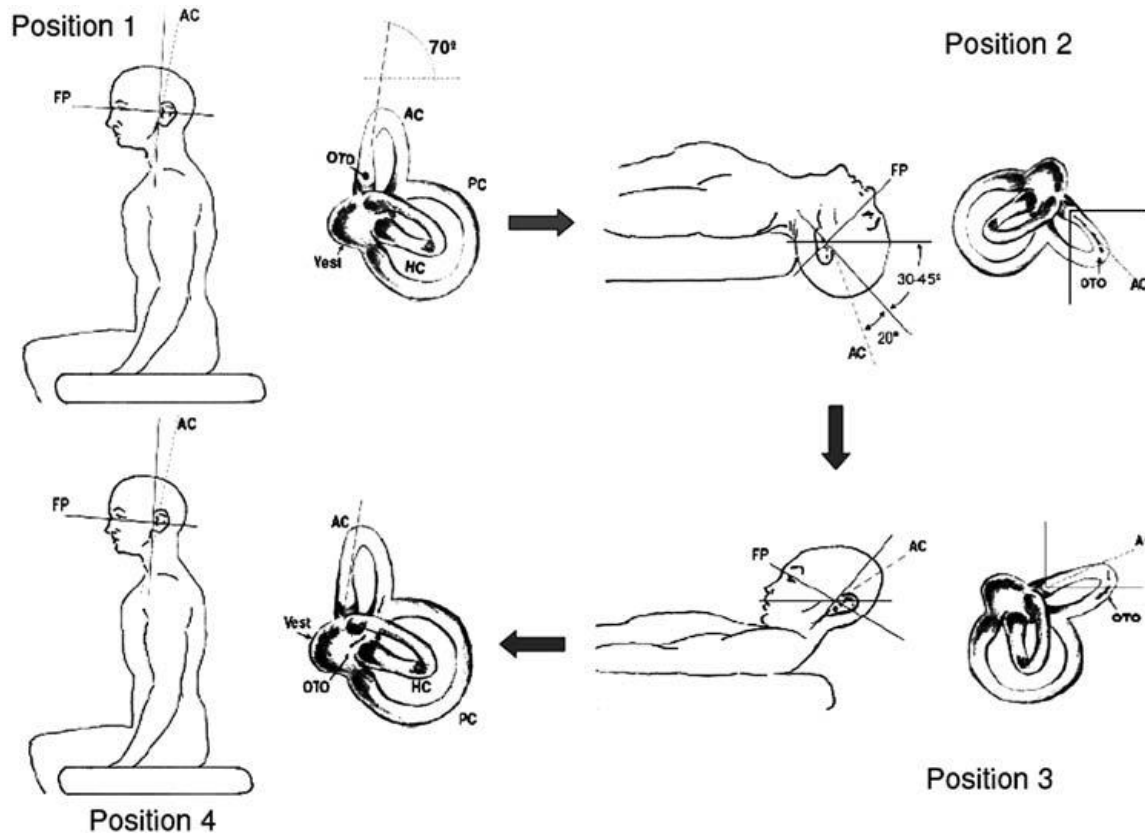


# Treatment for Anterior Canal BPPV

## Chicago Dizziness and Hearing



Instructions for Physical Therapists treating patients with AC BPPV. This maneuver is not appropriate for persons with stiff necks.

- 1: Start patient sitting on a flat firm surface such as a mat table or hi-lo table.
- 2: Supporting the patient's head, bring body back to supine with head extended 30 degrees, first 45 deg to left for 30 seconds, and then 45 degrees to the right for 30 seconds.
- 3: Bring patient's head to 30 head flexed 30 degrees (straight), for 30 seconds.
- 4: Sit patient up and stay there for 60 seconds (do not angle head forward).
5. Repeat 3 times.

This is an adaption of the deep Dix Hallpike treatment of (Yacovino, Hain, & Gualtieri, 2009)

Yacovino, D. A., Hain, T. C., & Gualtieri, F. (2009). New therapeutic maneuver for anterior canal benign paroxysmal positional vertigo. *J Neurol.* doi:10.1007/s00415-009-5208-1