

BPPV TREATMENT - LEFT LOG ROLL MANEUVER

Overview and Purpose: The log roll maneuver is used to treat benign paroxysmal positional vertigo (BPPV). It uses different head positions to move the otolith or crystal into the correct position within the ear.

PREPARATION

Place one pillow in the middle of your bed.

STEP ONE

1. Sit with one pillow behind you.
2. Lay straight back and rotate your head to the left.
3. Lay in this position until your dizziness stops and wait an additional 20 seconds.

STEP TWO

1. Rotate your head to midline (neutral) and wait until your dizziness stops, then hold for an additional 20 seconds.
2. Rotate your head to the right and wait until your dizziness stops, then hold for an additional 20 seconds.

STEP THREE

1. Roll onto your right side then rotate your whole body and roll onto your stomach, propped on your elbows with your head looking down towards your belly button.
2. Lay in this position until dizziness stops and wait an additional 20 seconds.

STEP FOUR

1. Rotate onto your back with your head rotated to the left in the starting position.
2. Wait until the dizziness stops, then hold for an additional 20 seconds.
3. Sit up slowly at the edge of the bed. Make sure your dizziness is controlled before standing.

Following this maneuver, do not immediately lay flat.

