

Vertigo: BPPV Check and Fix Sheet

The 4 signs that point to BPPV, the head positions that set it off, and what to ask for at the visit.

✓ **Verified against published guidance** from Mayo Clinic, Cleveland Clinic & Johns Hopkins Medicine · sources below

Dizziness with a bad headache, fever, hearing loss, double vision, trouble talking, or weakness in an arm or leg is an emergency. Seek care right away.

✓ Do This

Run the 4-Sign Check

- A head position sets it off
- The spin lasts under a minute
- The world turns, you do not just fade

COACH'S TIP Spinning while sitting still is a different problem.

Log the Position and the Clock

- Which movement started it
- How many seconds it ran
- Whether your hearing changed

COACH'S TIP Those three lines are most of the diagnosis.

Ask for the Positional Test

- Ask about the Dix-Hallpike test
- It is done at the bedside
- It takes about a minute

COACH'S TIP An MRI or CT is usually unnecessary.

Ask About the Epley Maneuver

- The standard treatment for BPPV
- No tests, pills, surgery or equipment
- Often a single session clears it

COACH'S TIP Hopkins calls it the first line move.

Ask to Be Shown the Home Version

- Providers can teach the maneuver
- BPPV comes back for some people
- Repeat treatment is normal, not failure

COACH'S TIP Leave with the move, not just a pill.

Get Up in Two Stages

- Sit on the edge of the bed first
- Wait a beat, then stand
- Keep a hand on something solid

COACH'S TIP Falls are the real danger here.

✗ Do Not

Do Not Assume It Is Your Blood Pressure

- A head position starts it
- It stops within a minute
- That is the BPPV pattern

COACH'S TIP Name the pattern before you guess.

Do Not Treat Motion Pills as the Fix

- They are listed for nausea
- They do not move the crystals
- The maneuver does

COACH'S TIP Covering a symptom is not treatment.

Do Not Just Wait It Out

- It may fade over days or weeks
- In rare cases it lasts years
- Every attack is a fall risk

COACH'S TIP Waiting quietly has a real cost.

Do Not Ignore Hearing Changes

- Hearing loss with dizziness points elsewhere
- Mayo lists it as urgent
- So is double vision or weakness

COACH'S TIP Hearing loss is not BPPV.

Do Not Freelance the Maneuver

- The right version depends on the canal
- The wrong one can worsen a bout
- Ask which one is yours

COACH'S TIP Get it taught, then do it at home.

Do Not Skip the Fall Proofing

- Night light on the route to the bathroom
- Clear the floor beside the bed
- A grab rail earns its keep

COACH'S TIP The spinning ends. A broken hip does not.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

About half of adults 50 and older have at least one BPPV episode in their lifetime

Under 1 min how long a typical BPPV episode lasts before it stops

One session often enough to clear BPPV with a repositioning maneuver