

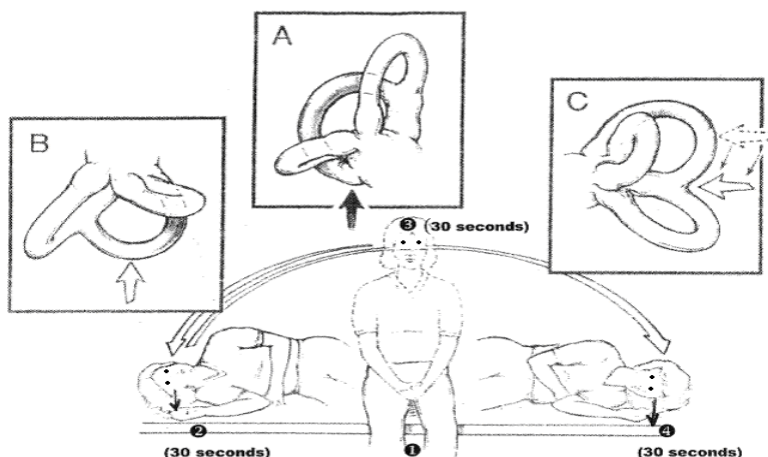
Benign Positional Vertigo

Benign positional vertigo is a sensation of dizziness or room spinning brought on by placing your head in certain positions. It is caused by an imbalance in the signals generated from the inner ears. You can often get rid of these symptoms by reorienting your balance through exercises.

Cawthorne exercises are a form of physical therapy that has been used successfully for many decades to help patients with this problem. These exercises may provoke an attack of dizziness. If this happens, try to continue the exercises despite the dizziness. Complete one set of exercises in the morning and one set in the evening.

Begin at five minutes per set, and gradually (over several days) extend this time to ten minutes. You can extend this time by increasing the number of repetitions.

The exercises are done as follows:



1. Sit in an arm chair. Hold your upper body and head still and move only your eyes. Look up, then down, and repeat this ten times. Look left, then right, and repeat this ten times.
2. Now you may move your head. Look up, then down, and repeat this ten times. Rotate your head to the left, then to the right, and repeat this ten times.
3. Remain seated, and bend forward from the waist and then back. Repeat this ten times. Bend to the left from the waist and then to the right. Repeat this ten times.
4. Sit upright on the edge of a bed or a flat couch. Slowly lower yourself to one side so that your shoulder and head are resting on the bed. You may experience your dizziness in this position, but stay there until the dizziness clears. Slowly come back to the upright position, and after a brief rest period, lower yourself to the other side, so that the other shoulder and your head are resting on the bed. Go back to the upright position and repeat. This completes one set.