

Patient information factsheet

Semont manoeuvre to treat BPPV (left ear)

We have written this factsheet to give you more information about benign paroxysmal positional vertigo (BPPV). It explains what BPPV is, what the Semont manoeuvre treatment method is and how to perform it safely at home. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

What is benign paroxysmal positional vertigo (BPPV)?

BPPV is a common cause of dizziness. It occurs in people of all ages but is more common in middle-aged and elderly people. It causes short bursts of intense dizziness when the body or head is placed in certain positions such as lying on one side in bed or looking upwards. People can feel sick and are sometimes unsteady for a few hours after the dizziness has gone away.

Benign – this means the cause of dizziness is not a threat to your health.

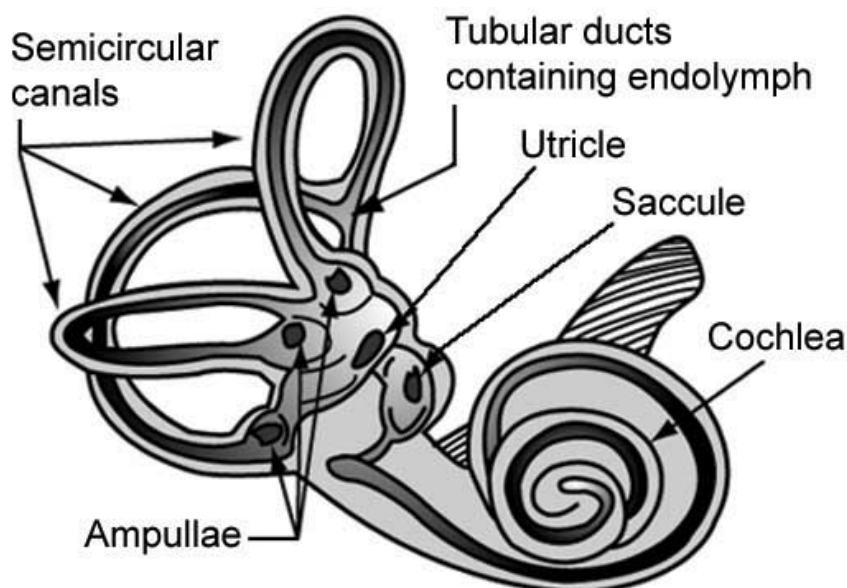
Paroxysmal – the dizziness comes in short bursts.

Positional – the dizziness is provoked by certain body or head positions.

Vertigo – the medical name for the spinning sensation.

What causes BPPV?

There is a collection of tiny crystals inside your ear. They have a valuable role to play when they are in the correct position (in the saccule and utricle). BPPV occurs when the crystals are dislodged from their correct position. They move into one or more of the semi-circular canals and either continue to float around or become attached to another part of the ear.



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Once the crystals are loose, putting your head into certain positions can cause the crystals to move, making your brain think you are moving even though you are not. If you stay in the position which makes you dizzy, the crystals will settle and the dizziness will wear off.

The crystals can become dislodged from their normal position for a number of reasons. These include a head injury or an infection of the inner ear. More commonly it happens for no reason.

BPPV usually occurs in one ear, but some people can have it in both ears at the same time.

How is BPPV treated?

Semont manoeuvre

The Semont manoeuvre is a series of simple movements that can help stop the dizzy spells that people with BPPV experience. It is not clear why the movements work. Some evidence suggests that the movements help to relocate the loose crystals that cause the dizziness in the first place. However, other evidence suggests that repeated exposure to the feeling of dizziness reduces its intensity.

You can perform the series of movements in your own home.

How do I perform the Semont manoeuvre?

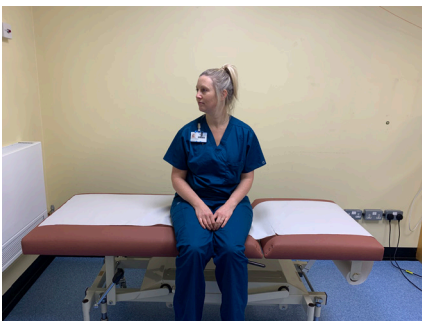
We recommend that you have a friend or family member present the first few times you perform this manoeuvre to help you in case you become unsteady. If you would like to watch a video of the manoeuvre being performed, please visit:

www.youtube.com/watch?v=z2KUrQoZ-sU

To perform the manoeuvre, you will need to follow the steps below:

1. Start by sitting upright on the edge of a bed. Turn your head 45 degrees to the right (or as far as is comfortable).
2. Quickly lie down on your left-hand side. Remain in this position for 30 seconds (or until you no longer feel dizzy).
3. Quickly move to lie down on your right-hand side, keeping your head in the same position (your head should be facing down on the bed).
4. Return slowly to a sitting position and wait a few minutes.

1



2



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We recommend that you perform this manoeuvre once a day until your symptoms have resolved.

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Are there any risks?

You are likely to feel dizzy while doing this manoeuvre. It is important to make sure you are in a safe environment when you do the manoeuvre, so you can't fall or hurt yourself.

Contact us

If you have any questions or concerns, please contact us.

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