

Evidence-Based Home Particle Repositioning Manoeuvres for BPPV

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Brief Overview

- * **2008**
- * **American** Academy of Neurology (**AAN**) *Fife et al.*
- * **American** Academy of Otolaryngology-Head and Neck Surgery Foundation (**AAO-HNS**) *Bhattacharyya et al.*
- * **Published** clinical practice guidelines for treating people with BPPV.
- * **Based** on extensive reviews and quality of the existing literature.
- * **Help** standardise best practice techniques for the treatment of BPPV.

AAN Guidelines

(Fife et al 2008)

Findings from several studies

- * **Most effective** self-treatment for **BPPV_p** is CRP.

Conclusion of AAN guidelines

- * “...there is insufficient evidence to recommend or refute using Semont manoeuvre or CRP for [self-treatment of] BPPV_p”.

AAO-NHS Guidelines

Bhattacharyya et al 2008

3 studies examined **self-treatment** manoeuvres for **BPPVp**.

Findings

- * **Study 1:** Slightly greater improvements using self-treatment CRP after CRP treatment in clinic.
- * **Study 2:** Self-treatment CRP more effective Brandt Daroff exercises (64% improvement cf 23%).
- * **Study 3:** Self-treatment CRP more effective than modified Semont manoeuvre (95% improvement cf 58%).



Conclusion of AAO-NHS

- * “Self-treatment of **BPPVp** may be an option in motivated individuals.”
- * Brandt Daroff habituation exercises least effective self-treatment for **BPPVp**.

Self-Treatment Guidelines

Rationale

- * **Relatively** high recurrence rate of BPPV.
- * **Most** common peripheral vestibular disorder.
- * **Improve** efficacy of treatment provided in clinic.

Caution: Use of Self Treatment Manoeuvres for Canalolithiasis

BPPV_p

- * **May** cause recurrence of BPPV (*?p or others*) when patient does CRP at home after treatment in the clinic (*Fife et al 2008*).
- * **CRP** for **BPPV_p** administered in clinic + self-treatment more effective than CRP alone (*Helminski et al 2010*).

Since 2008.....

Effectiveness of Particle Repositioning Maneuvers in the Treatment of Benign Paroxysmal Positional Vertigo: A Systematic Review

Helminski JO, Zee DS, Janssen I, Hain TC. Physical Therapy 2010

Parameters

- * RCTs
- * Quasi-RCTs
- * Diagnosis of BPPVp
- * PRM treatment
- * Re-assessed 24 hours or more after treatment.

Findings

- * Self-treatment CRP more effective than self-treatment Liberatory (Semont) manoeuvre for **BPPV_p**.
- * Brandt Daroff habituation exercises least effective self-treatment for **BPPV_p**.

Summary

- * **Evidence for self-treatment canalolithiasis BPPVp**
- * **Self-treatment** of BPPVp may be an option in motivated individuals (*Bhattacharyya et al 2008*).
- * **CRP** more effective
 - * Semont/Liberatory manoeuvre
 - * Brandt Daroff exercises least effective.

Summary

* Conflicting findings

- * **CRP** + self-treatment CRP at home more effective than CRP alone (*Helminski et al 2010*).
- * **CRP** self-treatment after treatment in the clinic may cause a recurrence of BPPVp (*Fife et al 2008*).

Summary

- * **Considerable** evidence supporting self-treatment of canalolithiasis BPPVp .
- * **Paucity** of evidence supporting self-treatment of the other BPPV variants.

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