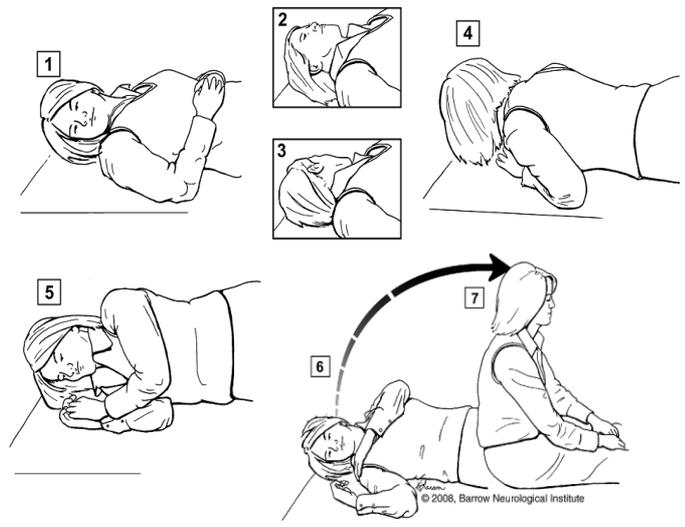


Barbecue/360 degree roll manoeuvre

The Barbecue/360 degree roll manoeuvre is a series of simple steps used as a non-invasive way to treat the vertigo associated with Benign Paroxysmal Positional Vertigo (BPPV).

For dizziness when rolling to the right (right BPPV)

1. Lie on your back with your right ear facing down on the bed.
2. Slowly roll your head away from the affected ear until your face is pointed up. Stay in this position for about 30 seconds or until the dizziness begins to stop.
3. Now roll your head in the same direction until your right ear is up. Stay in this position for 30 seconds or until the dizziness stops.
4. Next, continue to roll your head and body in the same direction until they are facing down into the bed. Rest on your elbows and put your head on the bed. Stay in this position for 30 seconds.
5. Now continue to roll your head in the same direction until your right ear is down. Stay in this position for 30 seconds or until the dizziness stops.
6. Slowly roll your head until your face is pointed up.
7. Move into sitting position with your legs over the edge of the bed.



Used with permission from Barrow Neurological Institute.

This manoeuvre should be performed _____ times a day. Repeat this daily until you are free from positional vertigo for 24 hours. The symptoms of dizziness need to be reproduced by the exercises if any benefit is to occur. In the initial stages it is permissible to take anti-sickness medication if nausea is a problem.

If the exercises are performed regularly, the symptoms should resolve over a period of several days in most cases. If exercises have been recommended, it is important to persist with the treatment. If your symptoms do not resolve please contact a medical professional.

References: Bittar RSM, Mezzalana R, Furtado PL, Venosa AR, Sampaio ALL, Oliveira CACP. Benign paroxysmal positional vertigo: diagnosis and treatment. *Int Tinnitus J.* 2011;16(2):135-145.
Fife TD, Iverson DJ, Lempert T, Furman JM, Baloh RW, Tusa RJ, Hain TC, Herdman S, Morrow MJ, Gronseth GS: Practice Parameter: Therapies for benign paroxysmal positional vertigo (an evidence-based review). Report of the Quality Standards Subcommittee of the American Academy of Neurology. *Am Acad Neurol.* 70(22):2067-2074,2008



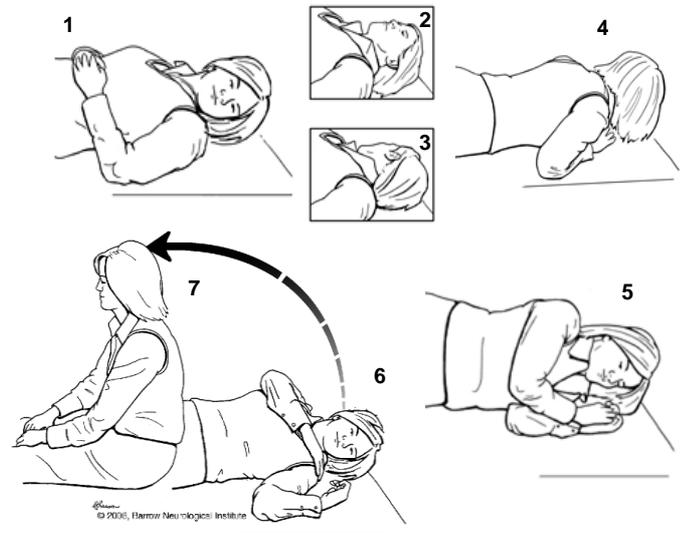
Barbecue/360 degree roll manoeuvre



The Barbecue/360 degree roll manoeuvre is a series of simple steps used as a non-invasive way to treat the vertigo associated with Benign Paroxysmal Positional Vertigo (BPPV).

For dizziness when rolling to the left (left BPPV)

1. Lie on your back with your left ear facing down on the bed.
2. Slowly roll your head away from the affected ear until your face is pointed up. Stay in this position for about 30 seconds or until the dizziness begins to stop.
3. Now roll your head in the same direction until your left ear is up. Stay in this position for 30 seconds or until the dizziness stops.
4. Next, continue to roll your head and body in the same direction until they are facing down into the bed. Rest on your elbows and put your head on the bed. Stay in this position for 30 seconds.
5. Now continue to roll your head in the same direction until your left ear is down. Stay in this position for 30 seconds or until the dizziness stops.
6. Slowly roll your head until your face is pointed up.
7. Move into sitting position with your legs over the edge of the bed.



Used with permission from Barrow Neurological Institute.

This manoeuvre should be performed _____ times a day. Repeat this daily until you are free from positional vertigo for 24 hours. The symptoms of dizziness need to be reproduced by the exercises if any benefit is to occur. In the initial stages it is permissible to take anti-sickness medication if nausea is a problem.

If the exercises are performed regularly, the symptoms should resolve over a period of several days in most cases. If exercises have been recommended, it is important to persist with the treatment. If your symptoms do not resolve please contact a medical professional.

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