

BBQ roll manoeuvre

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at rduh.pals-northern@nhs.net.

The BBQ roll manoeuvre has been given to you to try and help to alleviate the symptoms of dizziness you are currently experiencing.

It is used to relieve symptoms of positional vertigo that is thought to be caused by free floating calcium particles that are present in the horizontal semi-circular canal.

The aim of this manoeuvre is to reposition these particles so that they are no longer free floating and therefore no longer causing any dizzy symptoms.

Start by positioning a pillow(s) so that your head will be propped up by about 30 degrees.

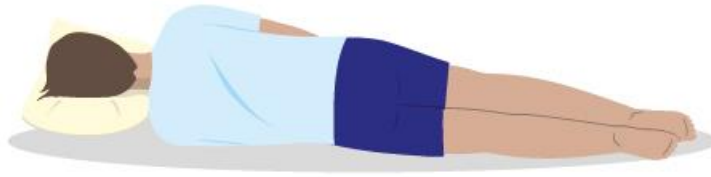
Roll onto affected side (RIGHT / LEFT) – wait 60 seconds



Roll back onto your back – wait 60 seconds



Roll onto opposite side – wait 60 seconds



Continue to roll this way through onto your front – wait 60 seconds

You can then sit up slowly. Take your time as you may feel dizzy



This can be performed at home, daily, for up to 7 days. You will be then reviewed by the vestibular audiologist to see if any further treatment is required.

Further information

Please stop doing this manoeuvre if you feel very unwell, severely dizzy or it is causing you any pain.

Please contact if you have any queries regarding this exercise on 01271 322476.

References

dizziness-and-balance.com

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

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Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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