When to call a doctor first

Not all dizziness is BPPV. New or unusual symptoms sometimes need urgent medical assessment.

Call 112 immediately

If sudden dizziness occurs with one or more of these symptoms:

- a drooping mouth or reduced strength or feeling in the face, arm or leg;
- difficulty speaking or swallowing, or double vision;
- suddenly being unable to walk properly.

This may indicate a stroke. Call even if the symptoms have gone away. Note when they started.

Call your GP or urgent GP service now

For sudden dizziness with new hearing loss, severe headache or neck pain, fainting or a fall. Do not wait for a physiotherapy appointment.

Call your GP the same day

For sudden new dizziness if you are 65 or older, have an increased cardiovascular risk, have had a stroke or cardiovascular disease, take blood thinners or have had a heavy blow to the head.

Also contact your GP if dizziness continues while sitting or lying still, or comes with new ringing in the ears or a feeling of fullness in the ear.

Our locations

Ter Aar
Medisch Centrum Vosholplein
Vosholplein 1-4, 2461 AA Ter Aar
0172-603434
teraar@fysiotopfit.nl

Boskoop
Medisch Centrum Boomgaard
Boomgaard 215F, 2771 PD Boskoop
0172-212147
boskoop@fysiotopfit.nl

Nieuwkoop
Maarten Freeke Wije 2D, 2421 TP Nieuwkoop
0172-575595
nieuwkoop@fysiotopfit.nl

General enquiries
085-0514000
blijftopfit@fysiotopfit.nl

WhatsApp
06-57250687
(messages only, no calls)

Scan for opening hours

Download our apps

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Topfit met Toppie

GET IT ON Google Play

Free to download for iPhone and Android.

Spinning dizziness

BPPV

at Fysio Topfit

Do you become briefly but intensely dizzy when lying down, turning over in bed, bending down or looking up? Does the room seem to spin? This may be BPPV.

Assessment and targeted treatment

BPPV is a benign form of positional vertigo that often responds well to treatment. Our specialist physiotherapists assess whether your symptoms fit BPPV and which treatment is suitable.

Book an appointment

Scan the QR code or call 085-0514000.
Say you are experiencing dizziness.

For new or unusual symptoms, first read when to call a doctor.

Version 3.2 – November 2026

What is BPPV

BPPV stands for benign paroxysmal positional vertigo, called BPPD in Dutch. It means short attacks of benign dizziness triggered by a change in head position.

How it develops

The balance organ in your inner ear contains tiny calcium crystals, sometimes called ear stones. In BPPV, these end up in the wrong place in one of its semicircular canals.

When you move your head, the crystals move too. Your balance organ then sends your brain an incorrect spinning signal. Usually, the reason is unclear. BPPV sometimes follows a head injury or a disorder of the balance organ.

Recognising the symptoms

- A spinning sensation when turning over in bed, lying down, bending down or looking up.
- The attack may start a few seconds after moving and is usually brief: seconds to about a minute.
- You may feel sick or vomit. You may still feel a little unsteady afterwards.

BPPV itself does not cause sudden hearing loss, paralysis or speech problems. These symptoms do not fit ordinary BPPV and require medical assessment.

How long it lasts

Attacks often stop on their own within about 4 weeks. Appropriate treatment can help reduce symptoms sooner. BPPV can return later.

Assessment and treatment

We discuss your symptoms and health. Specific positional tests, such as the Dix-Hallpike test or a roll test, help us check for BPPV and identify the affected side and canal.

The tests may briefly trigger dizziness. We also look for characteristic eye movements. If your symptoms do not fit BPPV, we discuss further assessment by your GP.

The right manoeuvre

A repositioning manoeuvre may help BPPV. We move your head and body through a sequence of positions to guide the ear crystals to a place where they no longer trigger spinning dizziness.

The Epley manoeuvre is suitable for a common type. A different canal may need a different manoeuvre. You may feel temporarily dizzy or sick during or shortly after treatment.

Tell us beforehand about neck or back problems, restricted movement or other important medical conditions. We assess whether the tests and treatment can be performed safely.

After treatment

Symptoms often improve after one or a few treatments. Sometimes treatment needs repeating or further assessment is needed. Only perform a manoeuvre at home if agreed with your clinician and after receiving clear instructions.

If symptoms have not improved after a week, or have not gone after 4 weeks, contact your GP. For new or unusual symptoms, follow the advice on the outside of this leaflet.

Moving safely

Move your head and body normally again as soon as you can. During a severe attack, sit or lie down safely and wait for the dizziness to ease. Ask for help if needed to prevent falls.

Do not drive or cycle while you still have attacks. Head movements or looking behind you can trigger unexpected dizziness. Only resume these activities when the attacks have stopped.

Appointments and reimbursement

You can book without a referral. For warning symptoms, contact a doctor first. Several Fysio Topfit physiotherapists specialise in BPPV.

Reimbursement from supplementary physiotherapy insurance depends on your cover and remaining sessions. The compulsory insurance deductible does not apply to this cover. Fysio Topfit has contracts with all Dutch health insurers.

If treatment is not covered, you pay yourself. Check your policy and ask us about the current fee beforehand.

What to bring

Valid identification, your insurance details and any referral. Wear comfortable clothing. Preferably bring someone if you feel unsteady and arrange transport home if needed.

More information

Visit thuisarts.nl/positie-duizeligheid-bppd for more about BPPV and treatment. Ask your therapist for personal advice and your insurer about reimbursement.