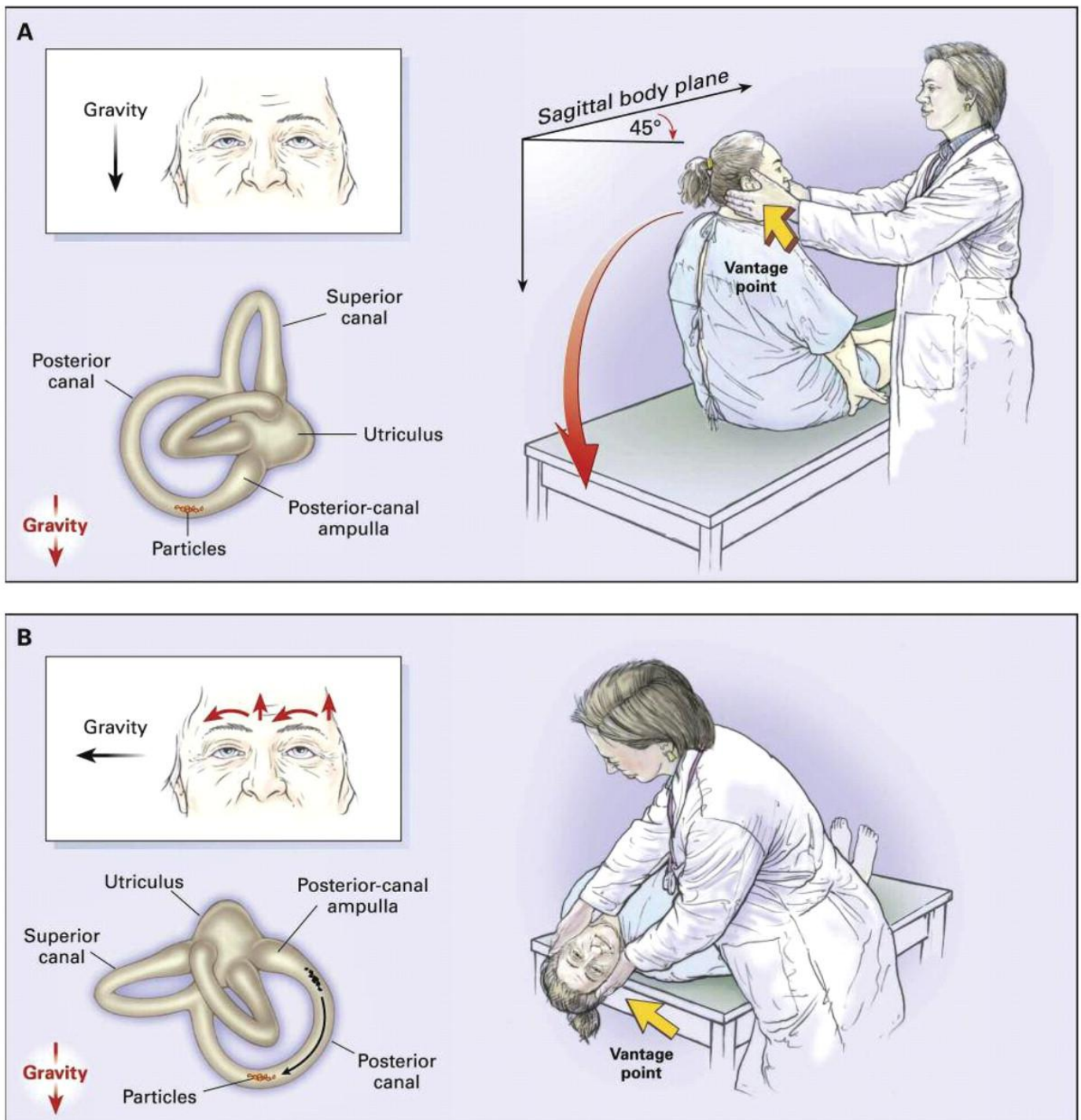


DIX-HALLPIKE MANOEUVRE



The Dix-Hallpike test is useful in the diagnosis of episodic vertigo. A positive test is diagnostic for **benign positional paroxysmal vertigo**.

With the change in posture, gravity causes the debris in the posterior semicircular canal to move and produce symptoms. Debris in the other semicircular canals will not be tested, but canalithiasis in the posterior semicircular canal is the most common site of disease.

The Procedure

Explain the procedure and that the patient may experience dizziness.

Sit the patient so that when lying flat the shoulders are level with the end of the bed.

Hold the sides of the patient's head with both hands and rotate the patient's head 45 degrees towards the test ear.

Instruct the patient to fix their eyes on a point directly in front of them during the procedure. Your own nose is a good reference point as it moves as the patient does.

Lie the patient down in one smooth, quick movement so that the head is over the end of the bed. Maintain torsion of the neck throughout and tilt the head 20-30 degrees downward.

Hold the patient in this position for 60 seconds and observe for nystagmus.

Sit the patient up with the head still turned to 45 degrees and observe for nystagmus.

If nystagmus was not observed perform the manoeuvre with the head turned to the other side.

If nystagmus was observed repeat the procedure on the same side and note whether intensity and duration differs.

Contraindications

- Cervical spine fracture.
- Atlantoaxial subluxation.
- Cervical disc prolapse.
- Vertebrobasilar insufficiency.
- Severe back pain.

Positive Test

In BPPV nystagmus should appear when the affected side is tested:

- Direction: upward-beating (fast beat towards the patient's forehead) and torsional.
- Latency: up to 30 second delay before nystagmus onset.
- Transience: nystagmus settles within 30 seconds.
- Fatiguable: repeated tests produce less marked results.

If atypical results are obtained or the test is negative consider an alternative diagnosis.