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Epley repositioning maneuver versus Gans repositioning maneuver on postural instability in elderly patients with benign paroxysmal positional vertigo

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Background: Patients with benign paroxysmal positional vertigo (BPPV) especially the elderly often experience a greater incidence of falling, postural instability as well as unsteadiness of gait during and between the vertigo attacks. The Epley repositioning maneuver has been proven to be effective in improving the postural control, whereas Gans repositioning maneuver (GRM) is still lacking data.

Purpose: The purpose of this study was to compare between the effectiveness of GRM and Epley repositioning maneuver in improving postural stability in elderly patients with posterior canal BPPV.

Patients & Methods: In this randomized controlled trial, thirty patients with unilateral posterior canal BPPV canalithiasis form were participated in the study with age ranged from 40 to 70 years. Their diagnosis was confirmed by positional testing and Video nystagmography findings. They were randomly assigned into 2 groups of equal number, 15 per each group. Group A (study group) was assessed by side lying test and treated by Gans maneuver while group B (control group) was assessed by Dix-Hallpick test and treated by Epley maneuver. Postural stability was assessed by computerized dynamic posturography before the application of the repositioning maneuver and after complete remission of BPPV symptoms regardless number of sessions.

Results: Patients in both groups showed improvement within the groups in equilibrium scores subtest 4, 5, 6 ($P < 0.05$), whereas there was no significant difference between groups ($P > 0.05$) regarding equilibrium scores. Also, (86.7 %) of patients treated by Gans and (46.67%) who treated by Epley were cleared after one session while (13.3%) of group A were cleared after 2 session and (53.33%) of group B were cleared after 2 to 4 sessions.

Conclusion: Gans repositioning maneuver is an effective physical therapy maneuver as Epley repositioning maneuver not only in improving postural instability in elderly patients with post canal BPPV but also for being simple, less painful and provided higher percentage of success with low number of sessions.

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