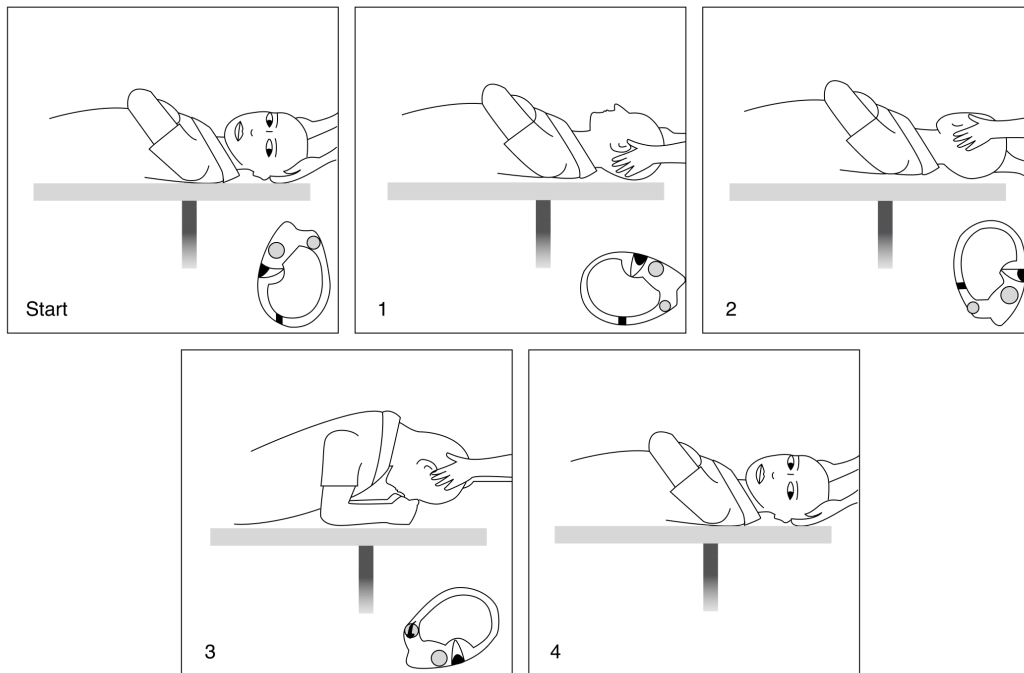


BBQ Roll Maneuver

The BBQ Roll Maneuver involves a sequence of head and body movements designed to treat benign paroxysmal positional vertigo (BPPV) affecting the lateral (horizontal) semicircular canal.



Step-by-step procedure

1. Ask the patient to tilt their head to the left side and wait 30 seconds.
 2. The patient should then roll their head back in a neutral position and wait 30 seconds.
 3. Then, the patient tilts their head to the right side and waits 30 seconds.
 4. Afterward, the patient rolls onto their stomach while propping themselves up on their elbows. Tell the patient that they should tuck their chin down slightly and wait 30 seconds.
 5. Ask the patient to roll their back and tilt their head to your left side. Wait 30 seconds.
 6. The patient should the position for about 30 seconds to a few minutes, depending on their response and the severity of the vertigo.
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Reference

Hornibrook, J. (2011). Benign baroxysmal hositonal Vertigo (BPPV): history, pathophysiology, office treatment and future directions. *International Journal of Otolaryngology*, 2011, 835671.
<https://doi.org/10.1155/2011/835671>