

Half Somersault Maneuver

Benign Paroxysmal Positional Vertigo or BPPV

BPPV has been characterized as the most common form of vertigo and the “**half somersault maneuver**” or otherwise described as “Foster Maneuver” has been working wonders in treating this condition. The inner ear has three semicircular canals which are interconnected by fluid pathways and have gravity sensors in them. These are being capped by bed of crystals which may be dislodged from where they are and enter into any of the canals or other parts of the ear. When the dislodgement happens and crystals get into the semicircular canals, a mechanical disorder happens. The system will function incorrectly and the tilting motions of the said crystals will be interpreted as intense dizziness.

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Why Dizziness Occurs?

*This is such a BIG win
for me! Thanks!*

— Jim Ritchey

The system in our brain works like a computer system which is enabled through sensors and wires. It works like the mouse and the keyboard, the sensors, from which information is transmitted through the wires of the system and is interpreted in the central processing unit, the brain. One gets dizzy when there is problem with the sensors and it is more likely that one will lose balance when processing of information and interpretation thereof is not carried well to the brain. When the brain fails to interpret what is being sent to it, it will send back wrong information to other parts of the body which perform important functions.

My vertigo has not returned since I did this maneuver. Hallelujah!

– Carla Lokelani
Forrest

When one has vertigo, he experiences this incredible spinning sensation. It is like he's riding in a merry-go-round, only this time that the feeling isn't merry but very disabling. This vertigo is mostly experience while in bed. Those afflicted get a sudden spinning of his environment for several seconds. It often recurs from time to time especially when one tries to sit up, lie down or roll over in bed. Balance is sometimes affected while others experience severe dizziness and vomiting.

How Can This Be Stopped?

Many people with vertigo get the assistance of trained health care specialists. These specialists perform therapeutic maneuvers on them to roll crystals out from the semicircular canals of the ear. The positional spells usually leave after a few hours but others stay there for a very long time. This causes one to experience dizzy spells over and over. Others try to make movements to drive crystals away and DIY methods are usually taken as home exercises and half somersault maneuver is just one of the few effective home exercises for vertigo.

It only took two tries for me and yes it worked like magic!

– Mark Williams

Carol A. Foster, MD and Her Half Somersault Maneuver

Carol A. Foster, MD is an Associate Professor and currently the Director of the Balance Laboratory, University of Colorado Hospital. She had her MD at University of California San Diego School of Medicine, San Diego, CA. Doctor Foster is has been afflicted with vertigo herself. She had Meniere's disease, a condition of the inner ear which makes her experience bouts of vicious dizziness and nausea. This happens almost every day and it lasts for a couple of hours most of the time. She had a surgery to cut the nerve in the ear which triggers her vertigo. The surgery solved the problem until 14 years later when she started to feel intense spinning again and that it has gotten worse than her vertigo before. It was the turning point of her life and this is one of the reasons why she decided to fight the condition and finally had this medical breakthrough.

This worked 100% for me and I highly recommend you give this a try.

– Karin Simms

Thanks Dr. Carol Foster for sharing this maneuver with us "at no charge".

– Jeff Jeff

The **Half Somersault Maneuver** she devised intends to roll out the particles from the posterior/inferior semicircular canal. This maneuver must be performed well and the process differs when one treats vertigo in his right or left ear. It should be followed as instructed in the Half Somersault Maneuver Video Here to make sure that the crystals are not going to fall on the horizontal/lateral semicircular canal because this may lead to horizontal spinning (horizontal canal BPPV) which would indicate complication and will only require a different kind of maneuver. The process should be strictly followed and a test known as "Dix-Hallpike test" must be had to find out whether it is the right or left ear which is affected. Under this test, one must put an ear down with the ear being turned 45 degrees to the right and when it is in this position that severe spell dizziness is felt then the problem is with the right ear.

The half somersault, Epley, and the Semont maneuvers have been proven very effective home exercises in removing crystals from the semicircular canals. It is important to space the time

between maneuvers so as to reduce the risk of horizontal canal BPPV. In case the crystals get into the horizontal canal when doing the maneuver, the said particles can be effectively removed using the so called Gufoni maneuver. This maneuver is usually performed with the assistance of health care workers. For the purposes of discussion, Gufoni is performed by sitting up after performing the Dix Hallpike and then reclining on to the opposite side of the ear affected by vertigo and the rotating slowly the head to have it face the bed.

The half somersault does not require more significant movements such as standing up from one figure to another. A patient can just assume the initial half somersault position, put their head upside down like they are doing a somersault, wait for a few seconds for the dizziness to subside and then raise the head at back level. They will then wait for dizziness to subside and get back again to their sitting position. The only impediment we see with half somersault is that they cannot be applied with people who have impaired flexibility like people with knee, back or neck injuries and with people whose weight are huge enough to perform the bending. But when one does not have these health issues, he can very well do these maneuvers in treating their **Benign Paroxysmal Positional Vertigo** or BPPV in a form of home exercises.

See Video Here

Half Somersault For Right Ear BPPV

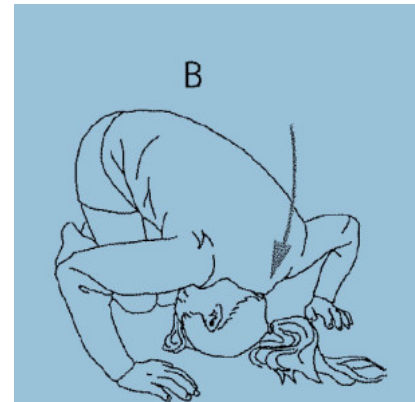
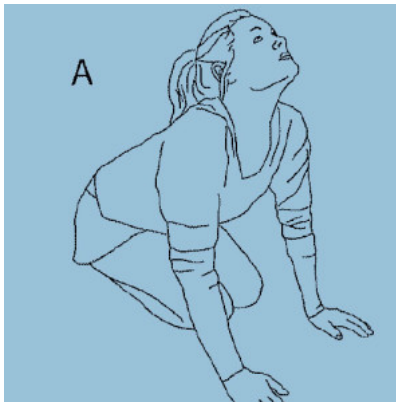
Important Notes:

A : Look Straight Up At Ceiling

B : Place Head In Somersault Position

1. Dark Curved Arrows Indicate Head Movements

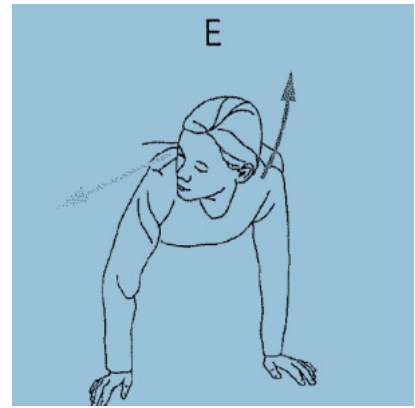
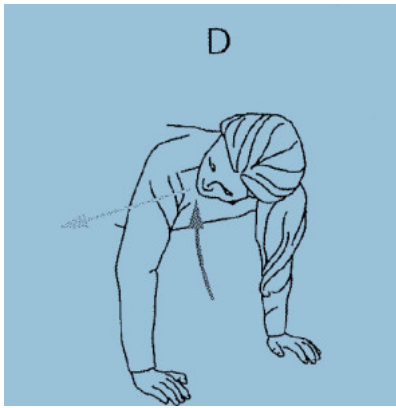
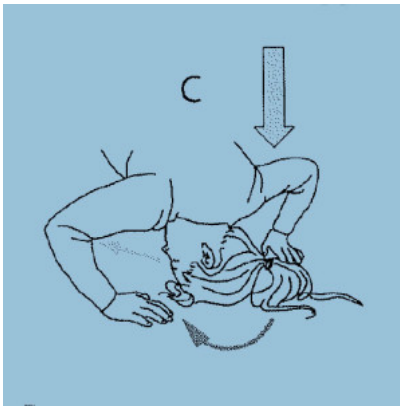
2. Lighter Arrows Near Eyes Show The Direction You Should Be Facing



C : Turn Head To Face Right Elbow

D : Raise Head Quickly To Back Level

E : Raise Head Fully Upright



Half Somersault For Left Ear BPPV

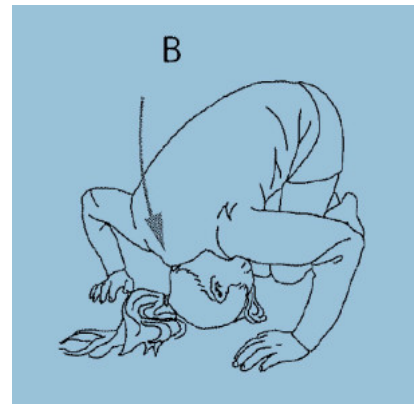
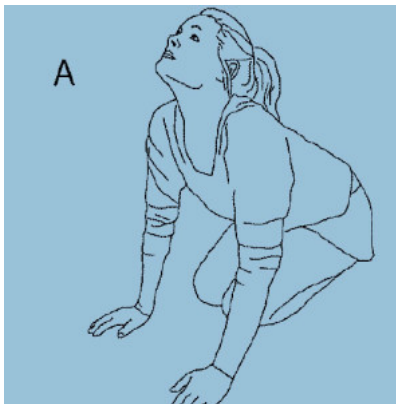
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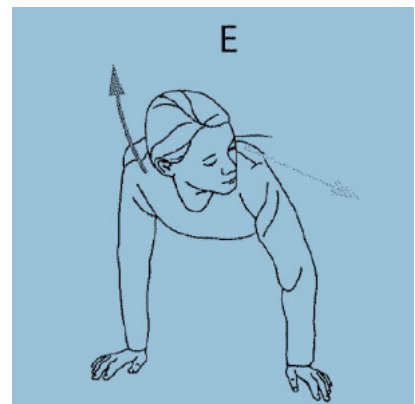
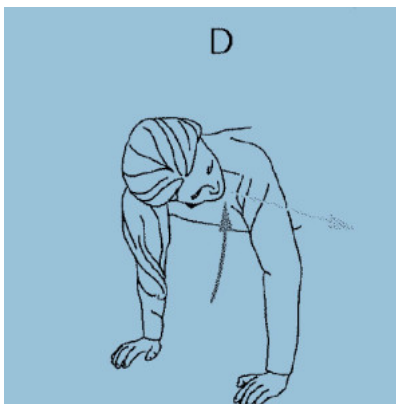
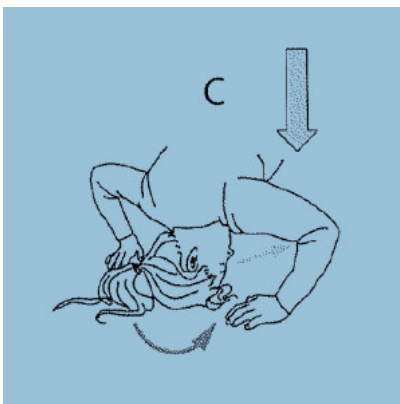
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Testimonials

It was my first time to have Vertigo and like everybody else's condition, it was scary. It was last year when I tried these maneuvers and it truly worked. I however advise those of you who are sensitive to motion and get motion sickness, like me, to be strong because you may end up vomiting afterwards. Seriously though, the half somersault maneuver does work!

— Valerie Corral

My wife would never forget you Dr. Foster in her life. We tried the half somersault maneuver only once and it worked with magic! My wife had Vertigo for 3rd time in 3 years and it didn't get any better even after seeing an ENT and even after being prescribed with medicine for 30 days. She did this maneuver once and her vertigo disappeared. This is so simple yet very effective.

— Thangavelu Arun

This really worked for me and THANK YOU SO MUCH Dr. Foster! I went through 4 weeks of pretty severe bouts of vertigo and believe me, I tried the Epley Maneuvers and the Cawthorne exercises without much luck. I also went to an ENT and a chiropractor. I have been sitting completely vertical for 48 hours and that includes sleep time but they only had minimal results.

— Ray Redmond

Thank you very much Dr. Foster! I have performed only one set and I felt more steady already. What I did was just wait for fifteen minutes and then did it again. What a relief! I can feel the particles shifting in my ear. It is really a gift to me as I do not have health insurance. This is a brilliant breakthrough and I really thank you for this half somersault maneuver.

— Melanie Bonnet

The half somersault video worked wonders for me. The past two days were very frightening because I thought I was going to have a stroke or getting with something really bad. This tutorial has totally reversed my condition!

— Robert Stevens