

Benign Paroxysmal Vertigo of Childhood

Margot Gray PT, DPT

Patient Fact Sheet

Produced by



A Special Interest Group of



Contact us:

ANPT

Phone: 952.646.2038

info@neuropt.org

www.neuropt.org

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What is Benign Paroxysmal Vertigo of Childhood (BPVC)?

Benign Paroxysmal Vertigo of Childhood (BPVC) is a syndrome consisting of spontaneous episodes of vertigo that occur in children. The episodes are short in duration and can be accompanied by other symptoms as described below.

Benign Paroxysmal Vertigo of Childhood may be termed one of three different disorders when you see a medical provider.

1. Vestibular Migraine of Childhood (VMC)
2. Probable Vestibular Migraine of Childhood (probable VMC)
3. Recurrent Vertigo of Childhood (RVC)

What are the symptoms of benign paroxysmal vertigo of childhood (BPVC)?

- Spinning sensation
- Feeling off balance or that they may fall
- The child may experience paleness in the face
- Fearfulness can occur during the symptoms
- Occasional vomiting
- The child will usually remain very still or not move for the duration of the attack
- The child will resume activity right after the completion of the attack
- Intervals between the attacks may vary from weeks to months

Who gets Benign Paroxysmal Vertigo of Childhood (BPVC)?

Children typically between the age of 2-4 years and 7-11 years of age. It is the number one cause of dizziness in children. The frequency of attacks decrease with increased age of the child. While the specific cause of BPVC is still unknown, it has been speculated to be a precursor to migraines later in life.

What is the treatment for Benign Paroxysmal Vertigo of Childhood (BPVC)?

There is no treatment for BPVC. Children will “grow out” of their symptoms. The symptoms will usually resolve by the age of 7-8 years old. Children who experience balance difficulties outside of the “attacks” may benefit from physical therapy.