

**Coral Gables Vestibular Clinic**

2801 Ponce de Leon Blvd, Suite 410 · Coral Gables, FL 33134 · (305) 555-0147

FDA CLEARED · K260566**CLASS II****VISIT SUMMARY****PATIENT VISIT SUMMARY**Visit **06 Sept 2026 · 07:23**Report no. **VDX-2026-00004**

Template: Patient visit summary

PATIENT**Margaret Ellison**DOB **14 Mar 1961**File no. **CGV-04471**Sex **F**Referred by **Alan Reyes, MD (primary care)****CLINICIAN****Sarah Whitfield, PT, DPT**Profession **Physical Therapist (PT, DPT)**Device **SmartVertigo · iPhone 14 Pro Max**Reg. no. **FL PT 30412**Classifier **V4 (v24)****WHAT WE FOUND**

Mrs Ellison described short spells of spinning brought on by turning in bed and by looking up, which began two weeks ago. Patient: "I turned over in bed towards the window, my right side, and the whole room went round." Testing with the recording goggles showed loose crystals in the balance organ of the right ear, affecting two of its canals: the back (posterior) canal and the front (anterior) canal. The left side showed only a small response, and the trouble was confirmed to be in the right ear.

WHAT WE DID

Two repositioning treatments were carried out on the right side: the Yacovino manoeuvre for the front canal, followed by the Epley manoeuvre for the back canal. These are sequences of head and body positions that guide the crystals out of the canal and back to where they belong. A repeat right-sided Dix-Hallpike test afterwards showed no nystagmus and no spinning.

WHAT TO EXPECT

Sarah Whitfield, PT, DPT explained that a floaty or woozy feeling can last a day or two after treatment, and that this is normal. There are no restrictions: Mrs Ellison may lie flat, and may sleep on whichever side she prefers. Sleeping upright and avoiding movement do not help and simply cause stiffness, and the studies show it makes no difference. About one in three people need the manoeuvre repeated. No dizziness tablets are to be taken, as they mask the symptoms and delay the brain from recalibrating; the usual blood pressure tablet should be continued.

AT HOME

- No restrictions on position: lie flat tonight and sleep on whichever side you like.
- Do not sleep sitting up and do not avoid moving.
- Do not take dizziness tablets.
- Continue the blood pressure tablet as usual.
- Sit in the waiting room for ten minutes; if you feel steady you may drive home, otherwise phone your husband.

WHEN TO COME BACK

- Review in one week to re-check the right side.

- If the spinning returns in the next few days, phone the practice to have the manoeuvre repeated; there is no need to wait for the appointment.
- Go to the emergency department straight away for a severe headache you have not had before, double vision, slurred speech, weakness or numbness, or dizziness that is constant rather than in short spells.

Sarah Whitfield, PT, DPT
Physical Therapist (PT, DPT) · Coral Gables Vestibular Clinic
Signed electronically · 06 Sept 2026 · 07:23

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