**Case- D**

This gentleman seems to have BPPV initially however he mit likely has a diagnosis of PPD now- the negative BPPV tests, episodic nature with possibly induced stress has led to a neative feedback mechanism in the brain and stress is likely being interpreted as episode of vertigo now.

The treatment would consist:

1. Education on PPPD and how often it is misdiagnosed or overlooked.
2. VRT to start
   1. gradual habituation exercises that trains target provoking movements.
   2. Visual motion desensitization with gradual experience to patterned floors, screens with moving images and florescent lighting.
   3. Static and dynamic balance exercises starting in sitting to standing with eyes open and than close and finally on a unstable surface like foam/mattress.
3. Stress MX and counselling/talking therapies
4. Activity and lifestyle modification-gradual return to activities he tends to avoid.
5. Stop Epley manoeuvres to break the false feedback mechanism.

Treatment can be measured by

VVAS

MSQ

Symptoms diary

FGA

DHI