# Before you see a chiropractor for vertigo

Use these steps from the article to get the right vertigo care and stay safe.

- [ ] Call 911 or 999 for sudden vertigo with face drooping, arm weakness or trouble speaking.
- [ ] Get a medical diagnosis for the vertigo before booking a chiropractor.
- [ ] Ask whether the chiropractor is trained in the Epley maneuver for BPPV.
- [ ] Tell the chiropractor about the dizziness, every health condition and every medicine.
- [ ] Ask for techniques that avoid a fast thrust to the neck.
- [ ] Stop treatment and see a doctor when dizziness persists or worsens.
- [ ] Ask a doctor about vestibular rehabilitation with a physical therapist.
- [ ] Lie still in a quiet, dark room during a vertigo attack.
- [ ] Treat a promise to cure vertigo with neck adjustments with caution.

**Notes**

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/chiropractor-for-vertigo/