

BPPV TREATMENT - LEFT EPLEY MANEUVER

Overview and Purpose: The Epley maneuver is used to treat benign paroxysmal positional vertigo (BPPV). It uses different head positions to move the otolith or crystal into the correct position within the ear.

PREPARATION

Place 2 pillows in the middle of your bed.

STEP ONE

1. Sit with two pillows behind you.
2. Turn your head to the left and slightly extend your head back.
3. Lay back with your head hanging off of the pillow.
4. Lay in this position until your dizziness stops and wait an additional 20 seconds.

STEP TWO

1. With your head still in the extended position, rotate your head to the right.
2. Lay in this position until your dizziness stops and wait an additional 20 seconds.

STEP THREE

1. Roll onto your right side and rotate your head down like you are looking at the ground.
2. Lay in this position until dizziness stops and wait an additional 20 seconds.

STEP FOUR

1. Bring your legs off the side of the bed and push yourself up to a sitting position with your head rotated to the right and down.
2. Sit in this position until dizziness stops and wait an additional 20 seconds.
3. You can then bring your head to a normal position and sit until you feel ready to stand.

Following this maneuver, do not immediately lay flat.

