

# Epley Manuever - Treatment for LEFT Sided BPPV - Canalith Repositioning

*\*Read all instructions prior to beginning.*

**Preparation:** Seat yourself upright on a bed so that when you lie back, your shoulders are on a standard pillow or folded blanket. This will ensure your head hangs at the proper angle upon lying down.

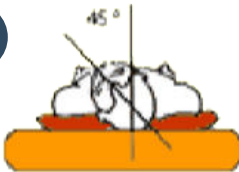
**Begin:**

**1**



**Step 1.** Turn your head to the LEFT, 45 degrees from the center.

**2**



**Step 2.** Lie straight back, keeping your head turned LEFT until your shoulders are on the pillow/blanket and the top of your head is touching the bed.

**Step 2a.** Hold this position for 60 seconds.

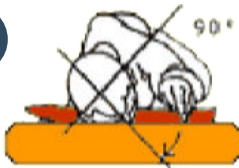
**3**



**Step 3.** Keeping your body still, rotate your head to the RIGHT, 45 degrees from the center. Do not pick up your head when rotating.

**Step 3a.** Hold this position for 60 seconds.

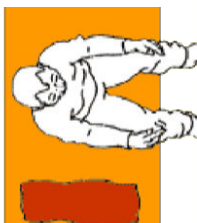
**4**



**Step 4.** Keeping your head turned to the RIGHT, roll onto your RIGHT side; you should be lying on your RIGHT side or shoulder with your nose facing the floor.

**Step 4a.** Hold this position for 60 seconds.

**5**



**Step 5.** Keeping your nose turned toward the floor as you move, push yourself up to the seated position with your chin tucked toward your chest.

**Step 5a.** Hold this position for 60 seconds.

**Step 5b.** Do not get up quickly, and return to regular activity slowly.

*\*Repeat the manuever only as indicated by your ENT physician.*

*\*Movements do NOT need to be made rapidly but should be made with precision.*

# Epley Manuever - Treatment for RIGHT Sided BPPV - Canalith Repositioning

*\*Read all instructions prior to beginning.*

**Preparation:** Seat yourself upright on a bed so that when you lie back, your shoulders are on a standard pillow or folded blanket. This will ensure your head hangs at the proper angle upon lying down.

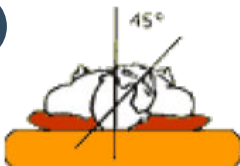
**Begin:**

**1**



**Step 1.** Turn your head to the RIGHT, 45 degrees from the center.

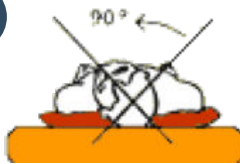
**2**



**Step 2.** Lie straight back, keeping your head turned RIGHT until your shoulders are on the pillow/blanket and the top of your head is touching the bed.

**Step 2a.** Hold this position for 60 seconds.

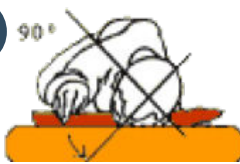
**3**



**Step 3.** Keeping your body still, rotate your head to the LEFT, 45 degrees from the center. Do not pick up your head when rotating.

**Step 3a.** Hold this position for 60 seconds.

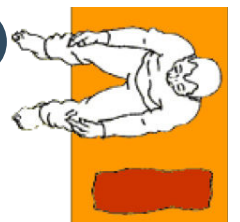
**4**



**Step 4.** Keeping your head turned to the LEFT, roll onto your LEFT side; you should be lying on your LEFT side or shoulder with your nose facing the floor.

**Step 4a.** Hold this position for 60 seconds.

**5**



**Step 5.** Keeping your nose turned toward the floor as you move, push yourself up to the seated position with your chin tucked toward your chest.

**Step 5a.** Hold this position for 60 seconds.

**Step 5b.** Do not get up quickly, and return to regular activity slowly.

*\*Repeat the manuever only as indicated by your ENT physician.*

*\*Movements do NOT need to be made rapidly but should be made with precision.*