

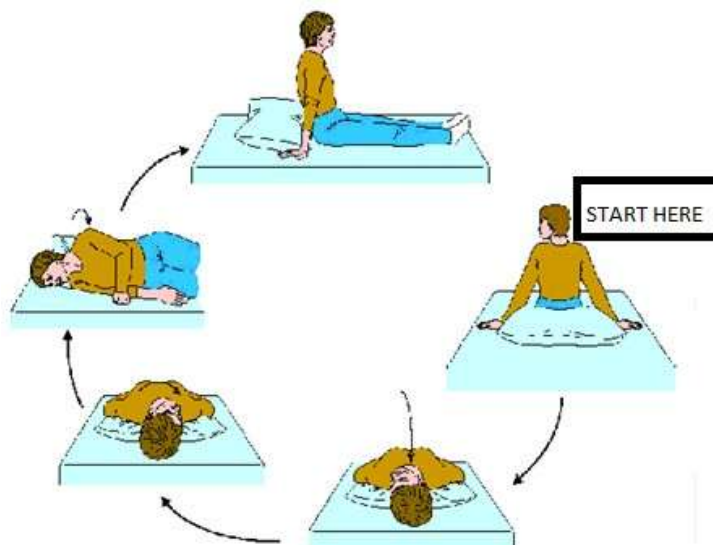
Epley Manoeuvre for Left-sided BPPV:

- 1) Sitting comfortably in the middle of your bed, turn your head 45° to the left.
- 2) Keeping your head 45° to the left, lie down so that your head is hanging over the edge of the bed. It can be useful to have someone supporting your head at this stage. Alternatively, you may like to rest your shoulders on a pillow (as shown in the diagram below). This may provoke a sensation of dizziness/vertigo. Stay in this position for at least 30 seconds or until the dizziness stops, whichever is longer.
- 3) Keeping your head tilted back, slowly rotate your head towards the right side, so that it is now facing 45° to the right. Stay in this position for 30 seconds or until the dizziness stops, whichever is longer.
- 4) Keeping your head in the same position, roll your entire body over onto your right side without lifting your head, so that your nose now faces downward. Stay in this position for 30 seconds or until the dizziness stops, whichever is longer.
- 5) Keeping your head tucked into your right shoulder, slowly sit up. Straighten your head and try to remain in an upright position for the next 20 minutes.

Take your time when you stand up to ensure any dizziness has subsided.

VIDEO:

www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/vertigo/



Epley Manoeuvre for Right-sided BPPV:

- 1) Sitting comfortably in the middle of your bed, turn your head 45° to the right.
- 2) Keeping your head 45° to the right, lie down so that your head is hanging over the edge of the bed. It is useful to have someone supporting your head at this stage. Alternatively, for more neck support, you may like to rest your shoulders on a pillow (as shown in the diagram below). This may provoke a sensation of dizziness/vertigo. Stay in this position for at least 30 seconds or until the dizziness stops, whichever is longer.
- 3) Keeping your head tilted back over the edge of the bed, slowly rotate your head towards the left side, so that it is now facing 45° to the left. Stay in this position for 30 seconds or until the dizziness stops, whichever is longer.
- 4) Keeping your head in the same position, roll your entire body over onto your left side without lifting your head, so that your nose now faces downward. Stay in this position for 30 seconds or until the dizziness stops, whichever is longer.
- 5) Keeping your head tucked into your left shoulder, slowly sit up. Straighten your head and try to remain in an upright position for the next 20 minutes.

Take your time when you stand up to ensure any dizziness has subsided.

VIDEO:

www.torbayandsouthdevon.nhs.uk/services/physiotherapy/support-videos/vertigo/

