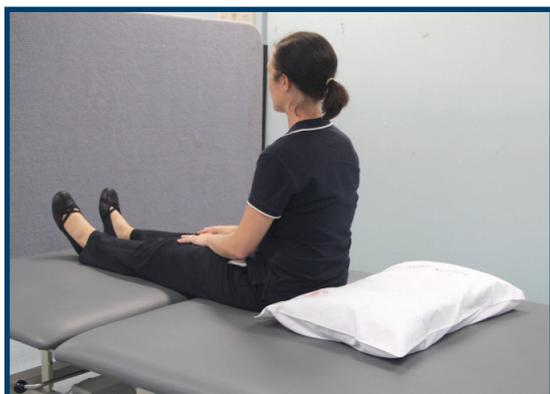


Vestibular Epley Manoeuvre

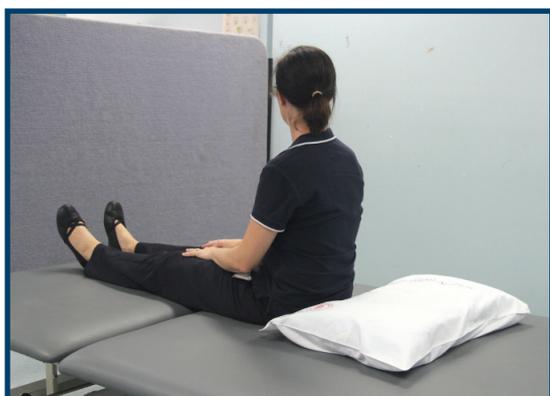
Right posterior canal BPPV - Home Exercises

Benign Paroxysmal Positional Vertigo (BPPV) is the most common cause of vertigo, a false sensation of movement, like spinning. The following sequence of positions can be used to treat BPPV.



1. Start sitting with legs outstretched on a bed

Position yourself so that your head will hang **over** the pillow, not on the pillow.

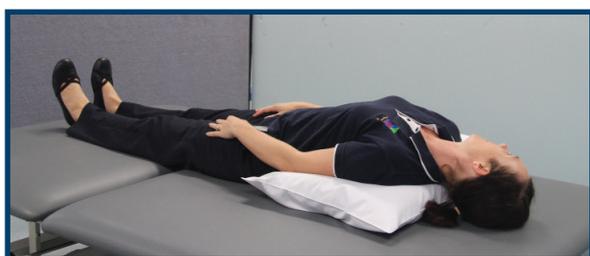


2. Turn your head 45 degrees towards the **right**

3. Keep your head turned to the right and quickly lie back

Allow your head to hang over the edge of the pillow

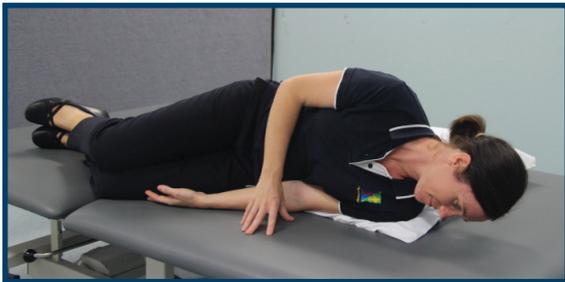
Wait for your dizziness to settle, then stay in this position for another 30 seconds





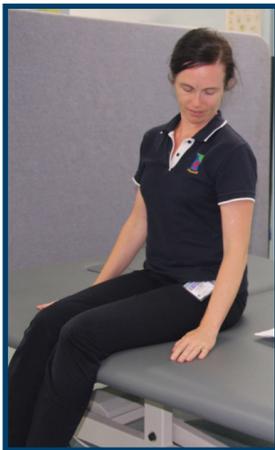
4. Keeping your head resting on the bed, turn your head to look 45 degrees to the **left**

Wait for your dizziness to settle, then stay in this position for another 30 seconds



5. Roll onto your **left** side, tuck your chin in and look down to the floor

Wait for your dizziness to settle, then stay in this position for another 30 seconds



6. Tuck your chin to your chest as if smelling your **left** armpit

Slowly sit up sideways, keeping your head down towards your **left** armpit



7. Once in sitting, you can look straight ahead

Make sure you feel steady before standing up. Consider having someone with you if you feel unwell or unsteady

Health Professional: _____

Contact details: _____

Prescription

- Repeat _____ times per day
- Continue until you are symptom free for _____ days in a row

Reference

Herdman, S., & Clendaniel, R. (2014). *Vestibular Rehabilitation*. (4th ed.). Pennsylvania: F.A Davis Company.

