



EPLEY MANEUVER FOR BPPV

A single particle repositioning procedure is effective in treating about 80-90% of cases of BPPV. Additional exercise or repositioning maneuvers may be needed if symptoms persist.

A new episode of BPPV can develop after successful treatment. On average, there is a 15% per year rate of recurrence. However, it may be possible to treat recurrent BPPV at home by performing a series of movements at the time an episode occurs.

Epley Maneuver:

Affected Ear = _____

Normal Ear = _____

Step 1: Turn your head towards your affected ear and lay back quickly. Hold for 1-2 minutes.

Step 2: Keep your head back against the bed and turn it towards the normal ear. Hold for 1-2 minutes.

Step 3: Roll onto your side with the normal ear down. Your nose should be turned towards the floor at a 45 degree angle. Hold for 1-2 minutes.

Step 4: Sit up, keeping your chin tucked in toward your shoulder. Hold for 1-2 minutes. When you end, you should be sitting over the side of your bed so that your feet touch the floor.

Step 5: After you have finished repositioning, keep your head in the upright position for the rest of the day. That night, sleep on the side of your normal ear. The next day, you should be fine to move your head without restriction and to sleep on either side.

Go to our website to see a demonstration video of the maneuver:

<https://www.beverlyhillssent.com/videos>