

# Vestibular Epley Manoeuvre

## Left 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 **left**

3. Keep your head turned to the left 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 **right**

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



5. Roll onto your **right** 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 **right** armpit

Slowly sit up sideways, keeping your head down your **right** 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 symptom you are free for \_\_\_\_\_ days in a row

#### Reference

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

