Patient information **Physiotherapy**

The Epley

Left posterior canal BPPV - Home Exercises

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



1. Start sitting with legs out straight 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.

Partnering with Consumers - 2.9 Where information for patients carers, families and consumers about health and health services is developed internally, the organisation involves consumers in its development and review. *Standard 2, 2nd edition*

Date reviewed: September 2024
Review date: September 2027
Brochure no. PIB0108/v4

Queensland Government



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 looking into your **right** armpit.

   Slowly sit up sideways, keeping your head down, chin towards 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.

Attribution- Non Commercial-Share Alike - CC BY-NC-SA

© State of Queensland (Queensland Health) 2024