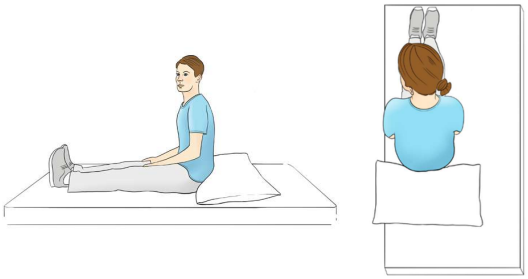
UpRight Physiotherapy
keep your balance

PATIENT INFORMATION

Epley manoeuvre

Left ear | Posterior canal BPPV

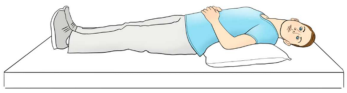
SIDE VIEW | TOP VIEW

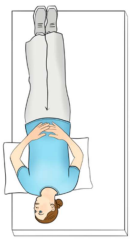


Starting Position

Start by sitting in the middle of your bed with a pillow placed behind you where your bottom meets the bed. Your legs should be straight in front of you. Turn your head 45 degrees to the left.

- Tip: Make sure you position yourself on the bed so that you will not hit your head on the headboard or footboard when you lie down.





Step 1

Keeping your head turned to the left, lie down flat with your shoulders on the pillow, letting your head extend over the pillow so that it rests on the bed.

- Wait for any dizziness to stop, then wait an additional 60 seconds.

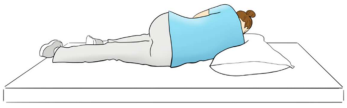


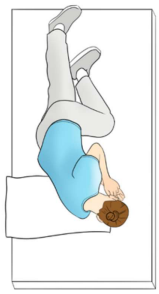


Step 2

Without lifting your head off the bed, slowly turn your head to the right so that you are now looking 45 degrees to your right side. Wait 60 seconds.

- Tip: Keep your chin up higher than your eyebrows!





Step 3

Bend your left knee up so that your foot is flat on your mattress. Then, completely roll over onto your right side so you are lying on your right shoulder and right hip. Bring your chin to your right shoulder so that you are looking down to the mattress/floor at an angle with your chin tucked toward your right collarbone.

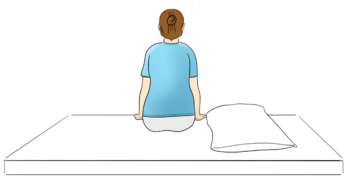
- Wait for the dizziness to stop, then wait an additional 60 seconds

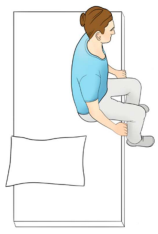




Step 4

Keeping your chin tucked toward your right shoulder/collarbone, bend both knees. Then, gently lower both legs off of the side of the bed that you're facing and slowly sit up.





Step 5

Once you've returned to sitting, wait 60 seconds. Then slowly lift your head so that you're looking straight ahead. Wait here for an additional 60 seconds before standing. Hold onto something sturdy as an extra precaution since you may feel off-balance.

Original illustrations and instructions: Vestibular First.