UpRight Physiotherapy
keep your balance

PATIENT INFORMATION

Epley manoeuvre

Left ear | Posterior canal BPPV

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**.

Continue with steps 5-7 on page 2.

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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 you are symptom free for _____ days in a row

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

Adapted from Queensland Health, The Epley, PIB0108/v4 (September 2024).
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