



*For questions or emergency care, please contact us at 985-327-5905.*

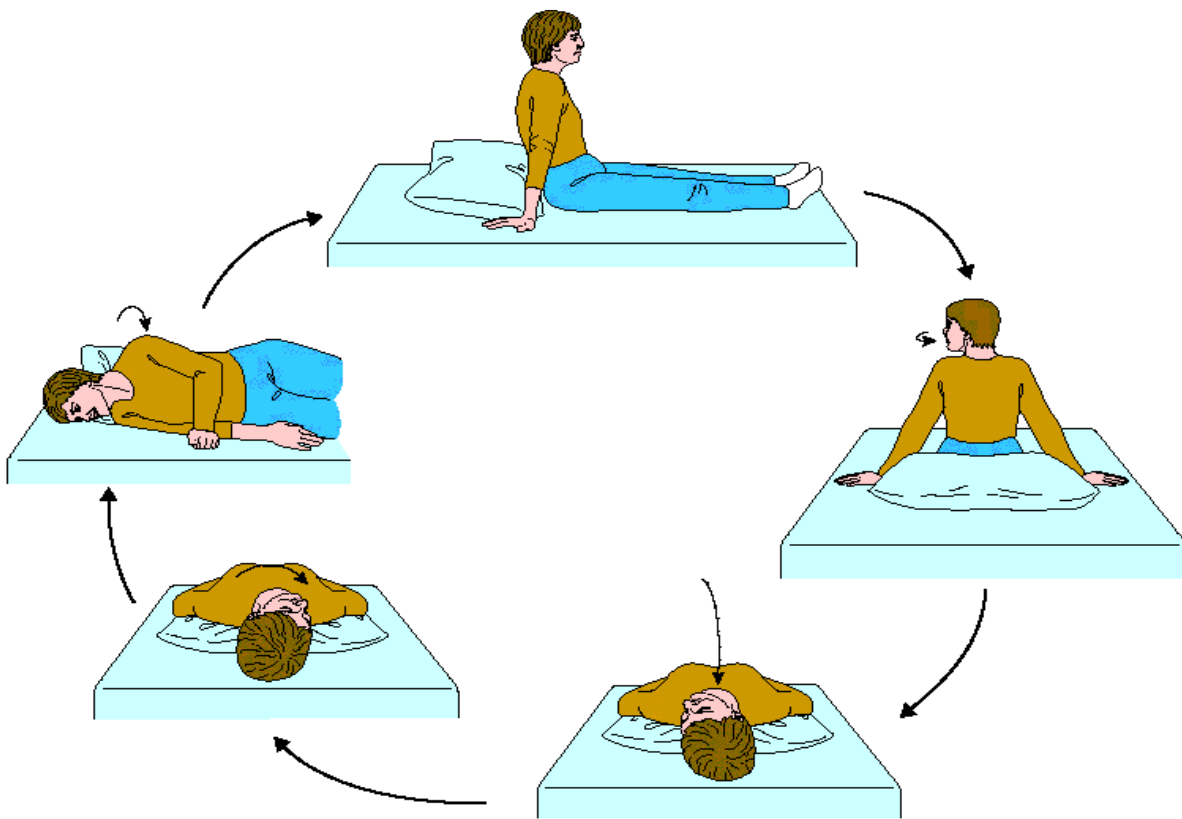
### **Epley Maneuver**

The **Epley maneuver** (or **Epley's exercises**) is a maneuver used to treat **benign paroxysmal positional vertigo (BPPV)**. It is often performed by a doctor or a physical therapist, but can be performed by the patient at home. This maneuver was developed by Dr. John Epley and first described in 1980.

The procedure is as follows:

1. Sit upright.
2. Turn your head to the symptomatic side at a 45 degree angle, and lie on your back.
3. Remain up to 5 minutes in this position.
4. Turn your head 90 degrees to the other side.
5. Remain up to 5 minutes in this position.
6. Roll your body onto your side in the direction you are facing; now you are pointing your head nose down.
7. Remain up to 5 minutes in this position.
8. Go back to the sitting position and remain up to 30 seconds in this position.

The entire procedure should be repeated two more times, for a total of three times. If necessary, avoid bending over and extreme head elevation, or lying flat for 48. Sleep in a recliner for with several pillows for 45degrees elevation.



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For video demonstration, go to [www.youtube.com/watch?v=pa6t-Bpg494](http://www.youtube.com/watch?v=pa6t-Bpg494)