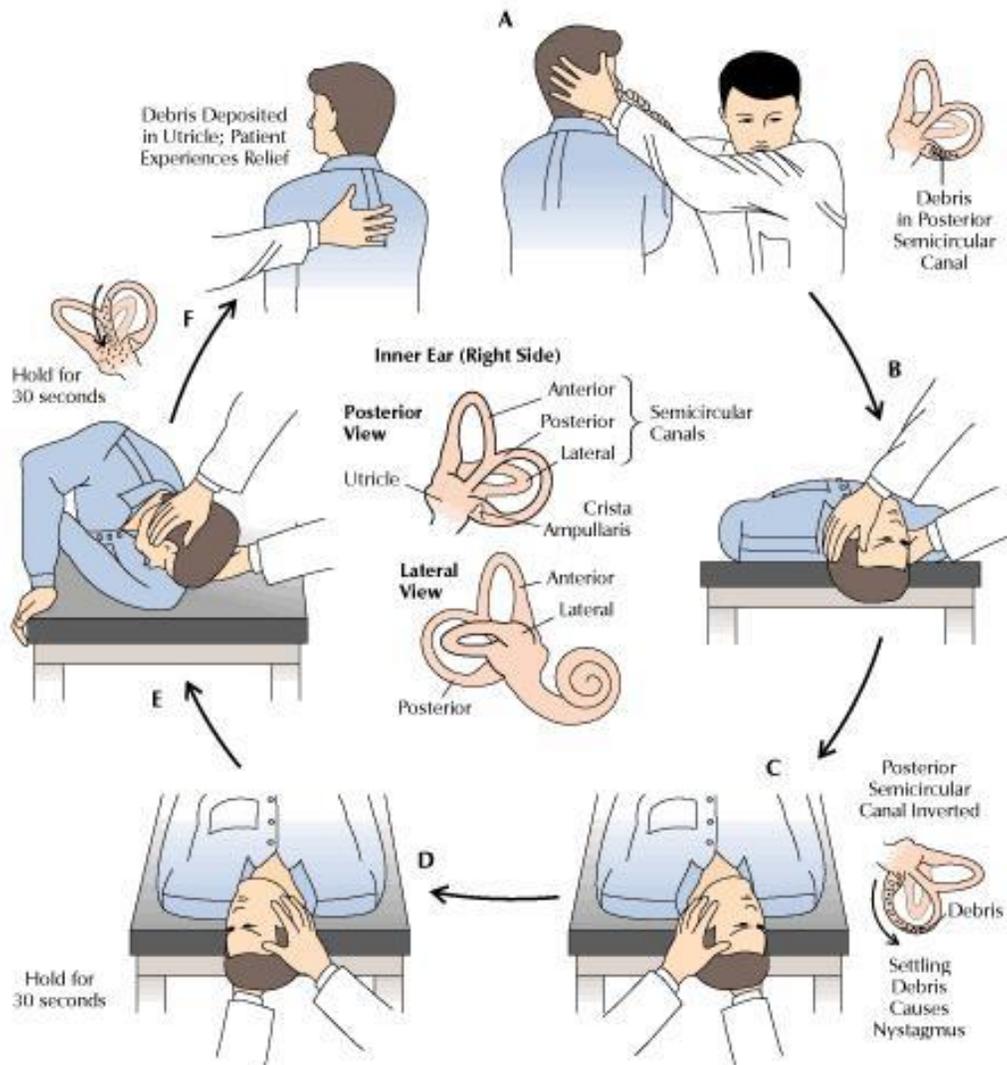


HOME EPLEY MANEUVER FOR THE RIGHT EAR



The method (for the right side) is performed as shown on the figure above. Start in the seated position (at the top of the picture above), progress through the 5 different positions, staying in each of the supine (lying down) positions for 30 seconds, and in the sitting upright position (top) for 1 minute. Thus, one cycle takes 2 ½ minutes. Typically, 3 cycles are performed just prior to going to sleep. It is best to do them at night rather than in the morning or midday, as if one becomes dizzy following the exercises, then it can resolve while one is sleeping.

The epley maneuver is used to treat **Benign Paroxysmal Positional Vertigo** or **BPPV**. This type of vertigo is due to otolith organs, containing crystals, dislodging into one of the semicircular canals. Therefore, head movement typically triggers this acute onset of vertigo. The epley maneuver is performed to reposition the otoliths out of the semicircular canal back to the vestibule.