

Home Treatment of Benign Paroxysmal Positional Vertigo (BPPV)

Home Epley Manoeuvre

Information for patients



What is the Home Epley Manoeuvre?

The Home Epley Manoeuvre is a method of treating BPPV.
(For more information on BPPV please see our separate leaflet).

The manoeuvre will most likely cause dizziness and so should be performed in a safe environment. Some people may find it difficult to get into some of the positions advised and if this is causing pain please do not proceed.

Please do not carry out the manoeuvre unless you have been guided through the movements in clinic and it has been identified that you can perform the procedure at home. The manoeuvre is not always recommended if you have a known neck or back problem or any difficulty breathing when lying down flat.

Which side should be treated?

If your BPPV has been diagnosed for a particular side you will be advised of this in clinic, otherwise treat the side which causes the most symptoms when lying down.

How often should I perform the manoeuvre?

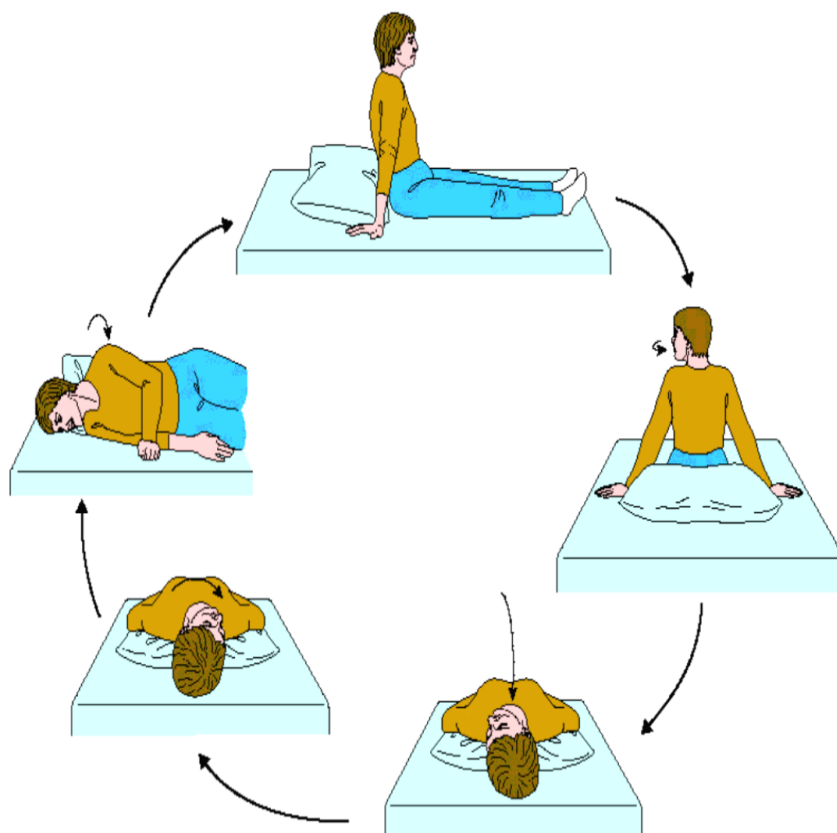
It is advised to carry out the manoeuvre every night for one week.

The full manoeuvre takes under 3 minutes to complete and typically 3 cycles should be performed prior to going to sleep.

It is best to carry out the manoeuvres at night rather than in the morning or mid day, as if dizziness occurs it will resolve while sleeping.

Left sided BPPV:

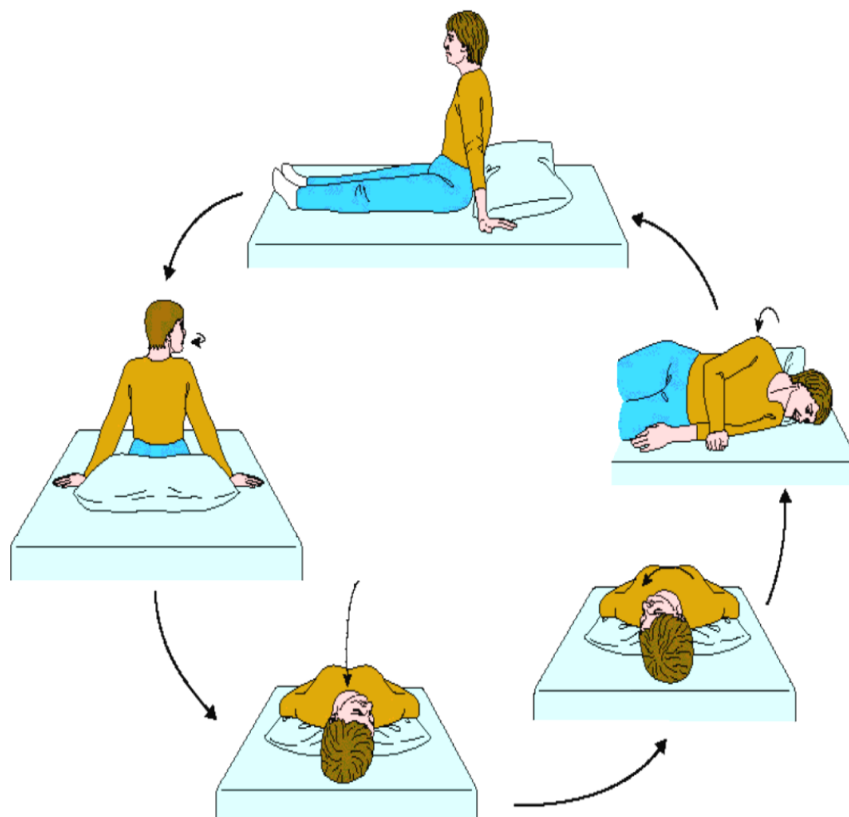
1. Sitting comfortably in the middle of the bed. Place a pillow behind you so that when you lie back it will be under your shoulders (see diagram on page 4). Turn your head 45 degrees to the **left**.
2. Keeping your head in this position, lie back. It may be useful to have someone to support your head at this stage. This may provoke dizziness. Stay in this position for **30 seconds** or until the dizziness has passed, whichever is longer.
3. Slowly rotate your head towards the **right** side so that it is now facing 45 degrees to the **right**. Stay in this position for **30 seconds** or until the dizziness has passed, whichever is longer.
4. Keeping your head in the same position, roll your entire body over to the **right** side so that your eyes are now facing towards the floor. Stay in this position for **30 seconds** or until the dizziness has passed, whichever is longer.
5. Keeping your head tucked in to your **right** shoulder, slowly sit up and straighten your head.
6. Try to remain upright for **20 minutes** following this manoeuvre.
7. **Take your time to stand upright**



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Right sided BPPV:

1. Sitting comfortably in the middle of the bed. Place a pillow behind you so that when you lie back it will be under your shoulders (see diagram on page 6). Turn your head 45 degrees to the **right**.
2. Keeping your head in this position, lie back. (It may be useful to have someone to support your head at this stage). This may provoke dizziness. Stay in this position for **30 seconds** or until the dizziness has passed, whichever is longer.
3. Slowly rotate your head towards the **left** side so that it is now facing 45 degrees to the **left**. Stay in this position for **30 seconds** or until the dizziness has passed, whichever is longer.
4. Keeping your head in the same position, roll your entire body over to the **left** side so that your eyes are now facing towards the floor. Stay in this position for **30 seconds** or until the dizziness has passed, whichever is longer.
5. Keeping your head tucked in to your **left** shoulder, slowly sit up and straighten your head.
6. Try to remain upright for **20 minutes** following this manoeuvre.
7. **Take your time to stand upright**



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References

Information adapted from www.dizziness-and-balance.com 'Home Epley Manoeuvre'

Developed by Audiologists, NHS Tayside Audiology & Balance Service and reviewed by Audiologists and Patients involved in the Audiology Patient Participation Group.

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This leaflet can be made available in other languages and formats on request by telephoning
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