



Instructions for Epley Maneuver (Treatment for Vertigo)

BPPV is one of the most common causes of vertigo. BPPV stands for Benign Paroxysmal Positional Vertigo. It is caused by debris that is stuck in one of the semicircular canals in the inner ear. It is not an infection. It is treated by doing a maneuver to allow gravity to make the debris fall out of the canal. The most common canal that causes BPPV is the posterior canal. The way that we treat BPPV that is caused by the posterior canal debris is a maneuver called the Epley maneuver. You need to know which side (right or left) in order to get the best results. Your doctor will help determine which side needs to be treated. If you don't know which side then you can still do one side one day and the other side the next day.

Directions for right Epley maneuver:

- Sit upright on the side of your bed.
- Turn your head as far to the right as you can without causing pain.
- Lay down briskly on your back, still with your head turned to the right. Ideally, your head should hang down slightly as well. Wait 30 seconds. You may experience vertigo, feeling like the room is spinning. It is important to stay in that position. Usually, the vertigo will subside within 10 seconds.
- While you are still laying down, rotate your head all the way to the left side. Again, ideally your head should hang down slightly. Wait 30 seconds. You may experience vertigo again.
- Keep your head turned to the left. Roll your whole body onto your left side. Your head should be angled to the floor at about a 45 degree angle. Wait 30 seconds. You may experience vertigo again.
- Sit back up to your original position. Wait 1-2 minutes before trying to walk. Have someone assist you to prevent falls.
- You may repeat this procedure in 5 minutes.

Directions for left Epley maneuver:

- Sit upright on the side of your bed.
- Turn your head as far to the left as you can without causing pain.
- Lay down briskly on your back, still with your head turned to the left. Ideally, your head should hang down slightly as well. Wait 30 seconds. You may experience vertigo, feeling like the room is spinning. It is important to stay in that position. Usually, the vertigo will subside within 10 seconds.
- While you are still laying down, rotate your head all the way to the right side. Again, ideally your head should hang down slightly. Wait 30 seconds. You may experience vertigo again.



Timothy Thomason, M.D.
Constance Zhou, M.D.
(972)253-4280

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- Keep your head turned to the right. Roll your whole body onto your right side. Your head should be angled to the floor at about a 45 degree angle. Wait 30 seconds. You may experience vertigo again.
- Sit back up to your original position. Wait 1-2 minutes before trying to walk. Have someone assist you to prevent falls.
- You may repeat this procedure in 5 minutes.

There are some useful youtube.com videos if you search “right side Epley maneuver” or “left side Epley maneuver”.

Preventing Falls and Injuries

During the course of treatment for vertigo it is important to do what you can to prevent falls. You should avoid situations that could be considered dangerous if you were to develop vertigo symptoms. This may include driving, operating machinery, riding a bicycle, using a step stool or ladder, using stairs, etc. You should use supportive devices or other people to help if you have difficulty with mobility. You should use a handrail when using stairs.

You can return to your normal activities if your vertigo symptoms have resolved completely for at least one week. However, you should be aware that vertigo can recur in the future, sometimes with little warning. If you start to experience vertigo again then stop any of the above activities to prevent falls and injuries.

Other causes of Vertigo

If the vertigo lasts more than 2 minutes then it is possible that there is another cause. The following symptoms indicate other possible causes of vertigo:

- Numbness, weakness, loss of coordination, slurred speech, loss of consciousness. These symptoms are more indicative of a stroke. You should call 911 if you experience these symptoms.
- Light-headedness upon standing. This is usually caused by a fluctuation in blood pressure. You should notify your primary care doctor.
- Sudden change in hearing level or tinnitus (ringing in ears). This may indicate other inner ear diseases which can be associated with vertigo. Notify your ENT doctor