
Benign Paroxysmal Positional Vertigo and Epley Maneuver

What is benign paroxysmal positional vertigo?

Some parts of your ear help you with hearing. Some parts of your ear help you with balance. The part of your ear that controls balance is called the semi-circular canal. You have a semi-circular canal in the inner part of each ear.

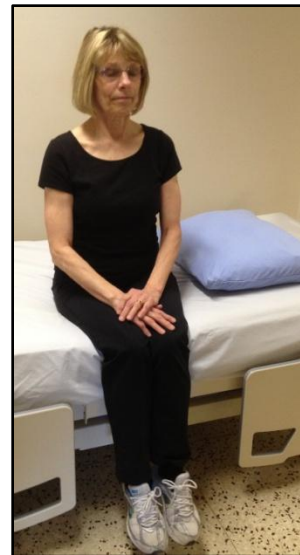
In some people, sand-like particles or crystals called canaliths in the inner ear become loose and move around. This causes dizziness which is also called vertigo.

What is the Epley Maneuver?

This is a series of steps you can do at home to help reposition the canaliths and help dizziness.

Step 1:

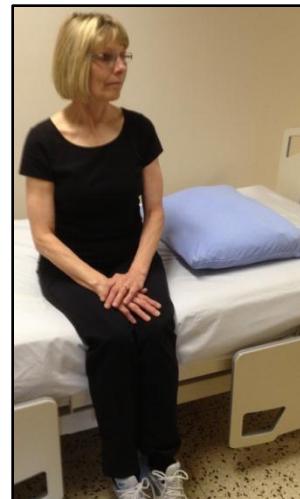
Sit up straight in the middle of your bed.



Step 2:

Turn your head 45 degrees toward the ear that is causing your symptoms and hold the position for 1 full minute:

- For problems with your right ear, turn your head to the right.
- For problems with your left ear, turn your head to the left.



Step 3:

Keep your head and neck at this 45 degree angle and gently lie down flat on your back.

Hold this position for 1 minute even if you feel dizzy.



Step 4:

While still lying flat on your back slowly rotate your head towards your good ear as far as you can or about 90 degrees.

Hold this position for 1 full minute even if you feel dizzy.



Step 5:

With your head still in this position, slowly roll the rest of your body toward your good side so that your body and head lie in the same direction.

Bracing yourself with one hand, roll forward slightly so you can turn your face toward the floor.

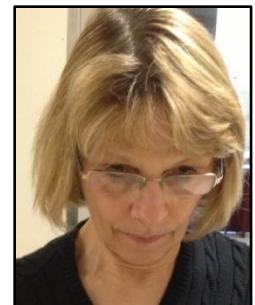
Hold this position for 1 minute.



Step 6:

Slowly return to a sitting position with your head up but flexed forward about 45 degrees.

Hold this position for 1 minute.



Important:

- Each series of steps should take about 5 minutes to do.
- You should do 3 complete series of steps before going to bed.
- Move slowly from one position to another.
- If you have a headache or feel weak, numb or have vision changes, stop the Epley Maneuver and get medical help.

Other things you can try to help:

- Prop your head on pillows when sleeping.
- Avoid extending your head and neck backwards until you feel better.



