

## Home Epley Manoeuvre

The Home Epley manoeuvre is a method of treating benign paroxysmal positional vertigo (BPPV).

### What is benign paroxysmal positional vertigo (BPPV)?

BPPV is a condition of the inner ear. It is a common cause of vertigo, especially in older people. Benign means that it is not due to cancer or other serious cause. (The symptoms of BPPV may be unpleasant but the underlying cause is not serious.)

- Paroxysmal means 'recurring sudden episodes of symptoms'.
- Positional means that the symptoms are triggered by certain positions. In BPPV it is certain positions of the head that trigger symptoms.
- Vertigo is dizziness with a spinning sensation. If you have vertigo you feel as if the world is spinning around you and you feel very unsteady. Often you will also feel sick and may vomit.

BPPV causes short episodes of vertigo (intense dizziness) when you move your head in certain directions. It is thought to be caused by tiny fragments of debris in the inner ear labyrinth. In many cases the condition clears away on its own after several weeks.

### What can be done to help BPPV?

A simple treatment of moving the head into various positions over a few minutes can usually cure the condition. This treatment uses gravity to move the debris away from where it is causing problems.

The exercise must be done on the side in which the symptoms are occurring; this should be determined by the audiologist/ENT specialist.

You are likely to feel a sensation of vertigo, especially so on the problem side. This is quite normal and will pass within a few seconds. The more you do the movements the more the feeling of vertigo should lessen.

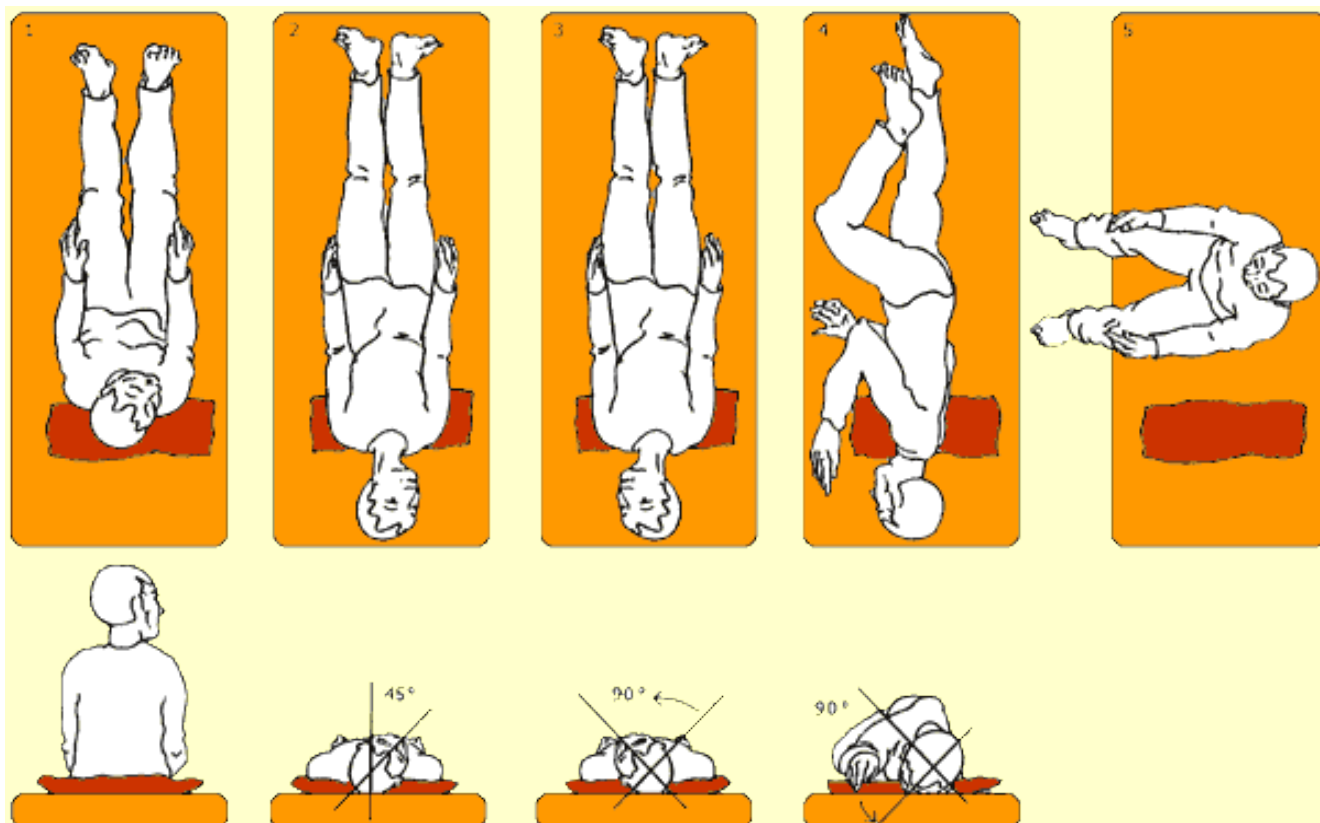
**Please see overleaf for diagrams that shows how to do the exercise.**

You may find it helpful to have a friend or family member present the first few times to help you in case you become unsteady.

### How often should I do this exercise?

This manoeuvre should be done 3 times a day. Repeat this daily until you are free from positional vertigo for 24 hours.

### Self-treatment of benign positional vertigo (right)



Start sitting on a bed and turn your head 45° to the right. Place a pillow behind you so that on lying back it will be under your shoulders.

Lie back quickly with shoulders on the pillow and head reclined onto the bed. Wait for 30 seconds.

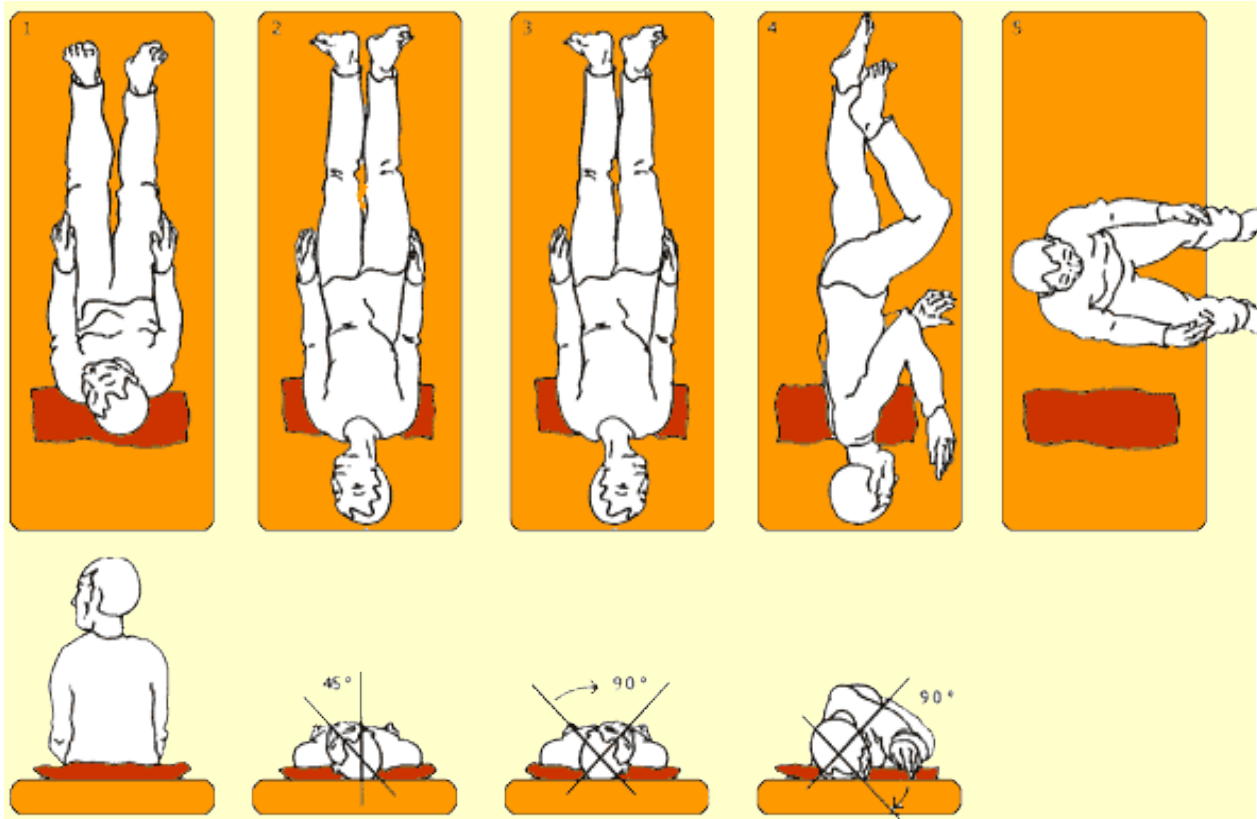
Turn your head 90° to the left (without raising it) and wait again for 30 seconds.

Turn your body and head another 90° to the left and wait for another 30 seconds.

Sit up on the left side.

This maneuver should be carried out three times a day. Repeat this daily until you are free from positional vertigo for 24 hours.

## Self-treatment of benign positional vertigo (left)



Start sitting on a bed and turn your head 45° to the left. Place a pillow behind you so that on lying back it will be under your shoulders.

Lie back quickly with shoulders on the pillow and head reclined onto the bed. Wait for 30 seconds.

Turn your head 90° to the right (without raising it) and wait again for 30 seconds.

Turn your body and head another 90° to the right and wait for another 30 seconds.

Sit up on the right side.

This maneuver should be carried out three times a day. Repeat this daily until you are free from positional vertigo for 24 hours.