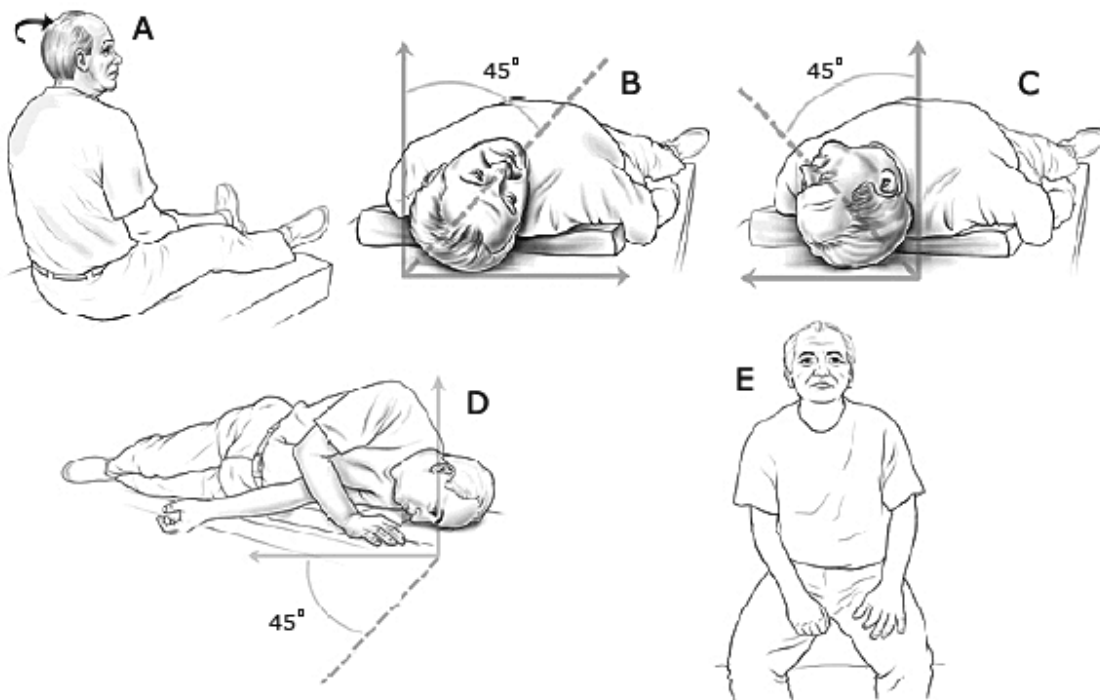


Epley Procedure

Your ear that is affected is the _____ ear

These are instructions for the RIGHT ear, if your left ear is affected then you need to start on the opposite side.



1. Start by sitting on the bed and turn your head 45 degrees to right
2. Place a pillow behind you so that when you lie down it will be at the level of your shoulders (NOT UNDER YOUR HEAD)
3. Lie back quickly with shoulders on pillow, head hanging down looking to right and right ear pointing to the ground. KEEP YOUR EYES OPEN
4. Wait for 30 seconds – 1 minute
5. Turn your head 90 degrees to left so now looking to left shoulder. Do not raise the head as you do this
6. Wait again for 30 seconds – 1 minute
7. Turn your body and head to lie on your left shoulder and turn the head so again you are looking down at the ground. Left ear now down.
8. Wait 30 seconds – 1 minute
9. Slowly sit up on the left side of the bed.

This manoeuvre should be performed three times a day until you are free from BPPV for 24 hours.

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