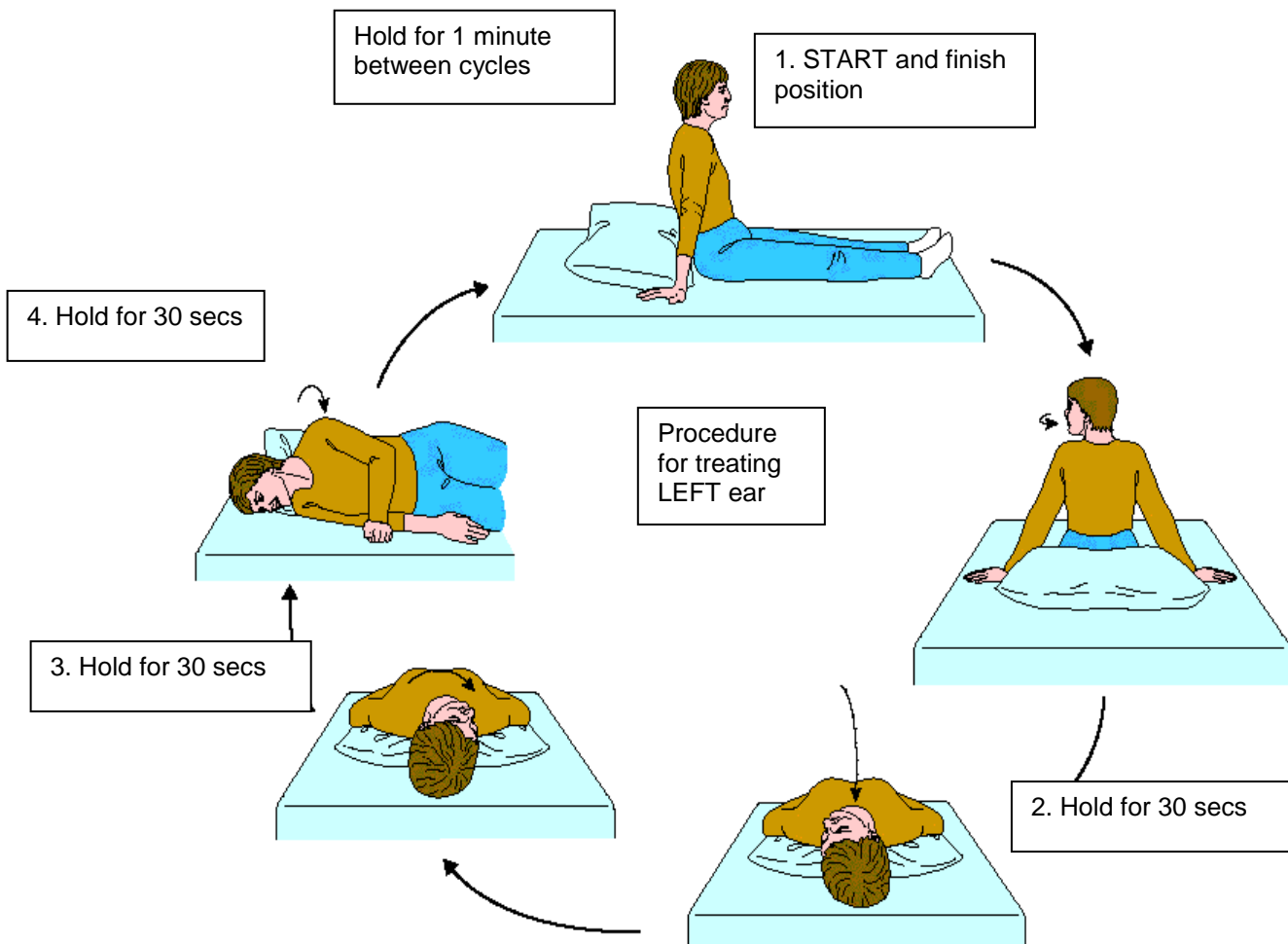


HOME EPLEY MANOEUVRE

We often recommend the home-Epley to our patients who have a clear diagnosis of benign positional vertigo (ie severe but short-lived rotational vertigo when lying and rolling over to one side). This procedure seems to be even more effective than the clinic procedure, perhaps because it is repeated every night for a week.

If the dizziness occurs when rolling to the left, then it is the left ear that is affected and you do this procedure with the left ear downwards to begin (as below). The method (for the **left** side) is performed as shown in the figure below. One stays in each of the supine (lying down) positions for 30 seconds, and in the sitting upright position (top) for 1 minute. Thus, once cycle takes 2 1/2 minutes. Typically 3 cycles are performed just prior to going to sleep. It is best to do them at night rather than in the morning or midday, as if one becomes dizzy following the exercises, then it can resolve while one is sleeping. **The mirror image of this procedure is used for the right ear.**



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