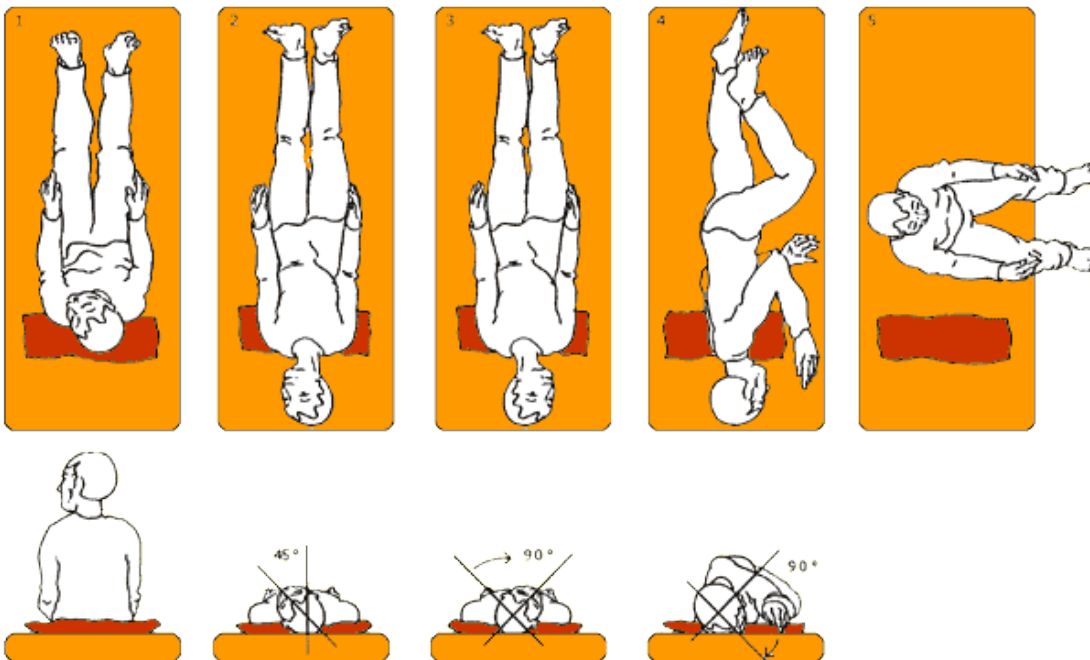


# MENTSА

## EPLEY MANEUVER CANALITH RE-POSITIONING MANEUVER

This maneuver can be used to treat patients with benign paroxysmal positional vertigo (BPPV) - the maneuver is based on the theory that benign paroxysmal positional vertigo is due to the sudden movement of free-floating particles (otoconia) that accumulate in the posterior semi-circular canal of the ear. Sudden head movements (looking up, rolling over in bed, leaning forward) cause the debris to move about in the posterior semi-circular canal inducing vertigo lasting a few seconds. Treatment of BPPV can be undertaken at home by performing the Epley maneuver. The maneuver may have to be repeated a few times and the patient should sleep upright and minimize head movements during the next 48 hours; the patient should still expect to have a sense of dysequilibrium for a few days. This maneuver should be done with another person to assist because you may be dizzy.

**Example for Left Ear, Right Ear begins with right ear down.**



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 a at least a minute and until vertigo subsides.	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.
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Sleep upright and limit head movements for 48 hours (two nights) after the maneuver. It may be repeated if vertigo persists upon returning to normal activity (ie sleeping flat).

### Epley Maneuver

**Disclaimer:** This instruction sheet is only an example and to be used for informational purposes only. Please check your local and state laws and/or your attorney regarding this procedure.