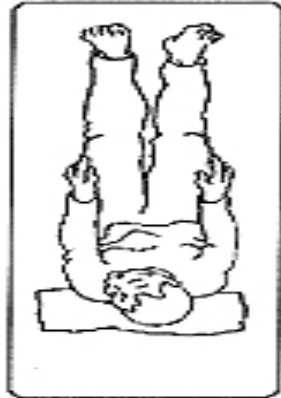


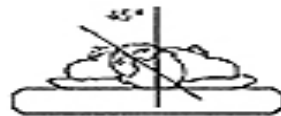
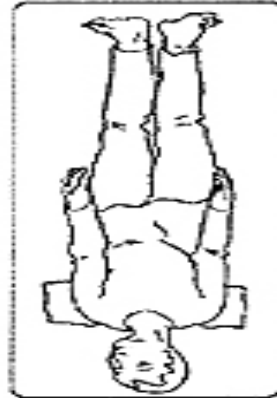
Epley maneuver for posterior canal Benign Paroxysmal Positional Vertigo (BPPV)

Picture demonstrates treatment for **LEFT** side

REPEAT: 2-3 x day if needed. Stop if there is no vertigo or symptoms get worse. You should see improvements after each maneuver. You can do before bed or when you wake up in the morning.

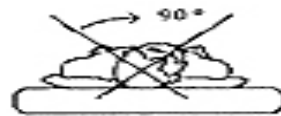
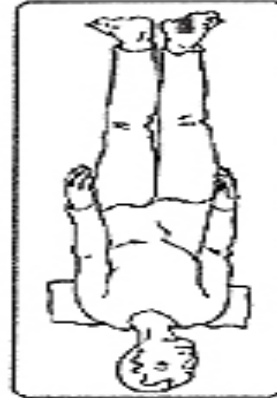


Start sitting on a bed and turn your head 45 degrees to the left. Place a pillow behind you so that on lying back it will be under your shoulders.



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

Hold position for 30 seconds



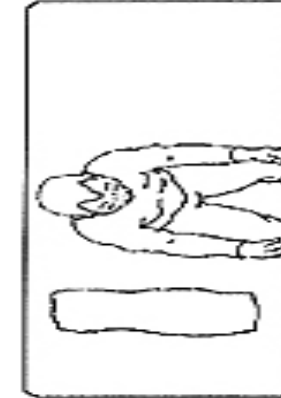
Turn your head 90 degrees to the right (without raising it) and wait again

Hold position for same amount of time as position 1



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

Hold position for same amount of time as position 1



Sit up on the right side.

BE CAUTIOUS with getting up, wait about 1 minute until feeling steady

