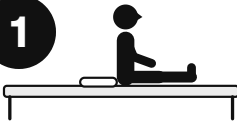
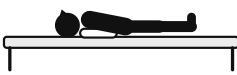


The Epley maneuver, RIGHT ear

Only if a clinician examined you and found BPPV in your **right ear**, back canal. The wrong side or canal won't help and can make it worse. For the left ear, use the other sheet.

30 s+ means: hold 30 seconds, or until the spinning stops, whichever is longer. The circle shows where your nose points; your right is on its right.

- | | | |
|--|--|--|
| 1
 | Sit on the bed with your legs out in front of you and the pillow behind you. Turn your head 45 degrees to the right, about halfway to your shoulder. | ahead
left  right
45° to your right |
| 2 30 s+
 | Keep your head turned. Lie back quickly onto the pillow, head tipped back about 20 degrees. Don't force it. | ceiling
left  right
still 45° to your right |
| 3 30 s+
 | Keep your head tipped back. Turn it 90 degrees to the left, so it now points 45 degrees to your left. | ceiling
left  right
45° to your left |
| 4 30 s+
 | Roll your whole body onto your left side. Your head turns with your body, a further 90 degrees, so your nose points down toward the bed. Don't twist your neck. | ceiling
left  right
nose toward the bed |
| 5
 | Keep your chin tucked toward your left shoulder and sit up slowly, legs over the left side of the bed. Then bring your head forward. Sit for 1 to 2 minutes before standing. | ahead
left  right
chin toward your left shoulder |

Right ear: what you may feel

- Spinning in step 2, and sometimes in step 3. It is often strongest on the problem side and should fade within the hold.
- Feeling sick. Keep a bucket within reach.
- A brief falling feeling in the first 30 minutes after you sit up.
- Feeling unsteady for up to a day.

STOP

Stop and sit up slowly if the spinning doesn't fade in 1 to 2 minutes, or you vomit, feel faint, get neck pain or hear differently. **Call 911** for chest pain, new numbness or weakness, double vision, slurred speech, or spinning with sudden hearing loss.

Sit for 1 to 2 minutes before you stand, with a helper close by. Go back to your clinician if you are no better after a week, or not clearly better at a month. Don't do another round after any stop sign; call your clinician.

My Epley dose, right ear, from my clinician

Times in a row: _____

Times a day: _____

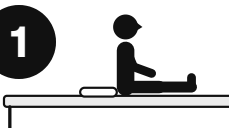
For how many days, or until: _____

Not medical advice. No clinician has reviewed this sheet. From *Vertigo Exercises at Home* by Nora Haldane. Free to print and share:
nobodywarnedme.org/free/

The Epley maneuver, LEFT ear

Only if a clinician examined you and found BPPV in your **left ear**, back canal. The wrong side or canal won't help and can make it worse. For the right ear, use the other sheet.

30 s+ means: hold 30 seconds, or until the spinning stops, whichever is longer. The circle shows where your nose points; your right is on its right.

- | | | |
|--|--|---|
| 1
 | Sit on the bed with your legs out in front of you and the pillow behind you. Turn your head 45 degrees to the left, about halfway to your shoulder. | ahead
left  right
45° to your left |
| 2 30 s+
 | Keep your head turned. Lie back quickly onto the pillow, head tipped back about 20 degrees. Don't force it. | ceiling
left  right
still 45° to your left |
| 3 30 s+
 | Keep your head tipped back. Turn it 90 degrees to the right, so it now points 45 degrees to your right. | ceiling
left  right
45° to your right |
| 4 30 s+
 | Roll your whole body onto your right side. Your head turns with your body, a further 90 degrees, so your nose points down toward the bed. Don't twist your neck. | ceiling
left  right
nose toward the bed |
| 5
 | Keep your chin tucked toward your right shoulder and sit up slowly, legs over the right side of the bed. Then bring your head forward. Sit for 1 to 2 minutes before standing. | ahead
left  right
chin toward your right shoulder |

Left ear: what you may feel

- Spinning in step 2, and sometimes in step 3. It is often strongest on the problem side and should fade within the hold.
- Feeling sick. Keep a bucket within reach.
- A brief falling feeling in the first 30 minutes after you sit up.
- Feeling unsteady for up to a day.

STOP

Stop and sit up slowly if the spinning doesn't fade in 1 to 2 minutes, or you vomit, feel faint, get neck pain or hear differently. **Call 911** for chest pain, new numbness or weakness, double vision, slurred speech, or spinning with sudden hearing loss.

Sit for 1 to 2 minutes before you stand, with a helper close by. Go back to your clinician if you are no better after a week, or not clearly better at a month. Don't do another round after any stop sign; call your clinician.

My Epley dose, left ear, from my clinician

Times in a row: _____

Times a day: _____

For how many days, or until: _____

Not medical advice. No clinician has reviewed this sheet. From *Vertigo Exercises at Home* by Nora Haldane. Free to print and share:
nobodywarnedme.org/free/