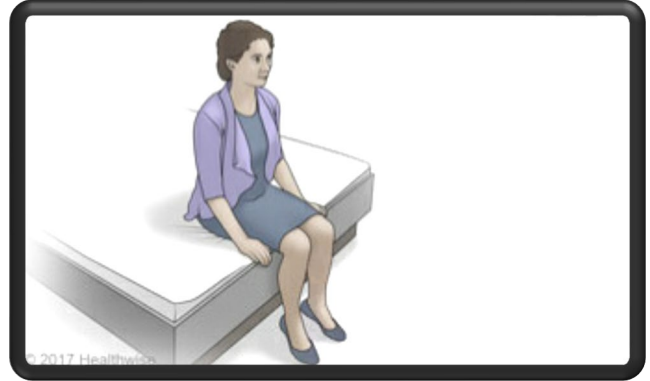


# EPLEY MANEUVER

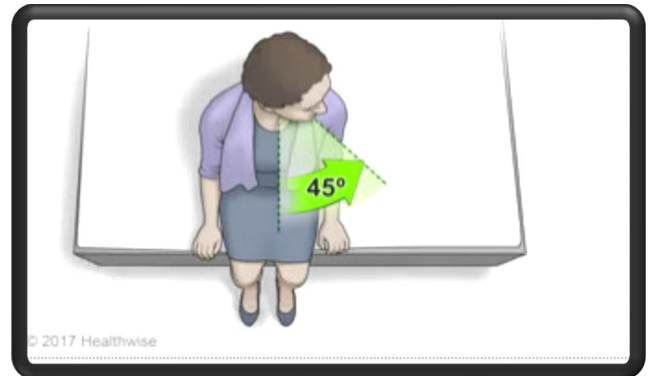
## Step 1

- A. Sit on the edge of a bed or sofa.



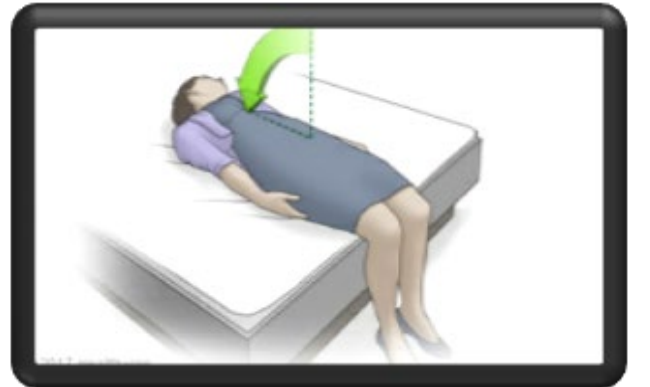
## Step 2

- A. Turn your head 45 degrees in the direction your doctor told you to. This should be toward the ear that causes the most vertigo for you. In this picture, the woman is turning toward her left ear.



## Step 3

- A. Tilt yourself backward until you are lying on your back. Your head should still be at a 45-degree turn. Your head should be about midway between looking straight ahead and looking out to your side.
- B. Hold for 90 seconds. If you have vertigo, stay in this position until it stops.



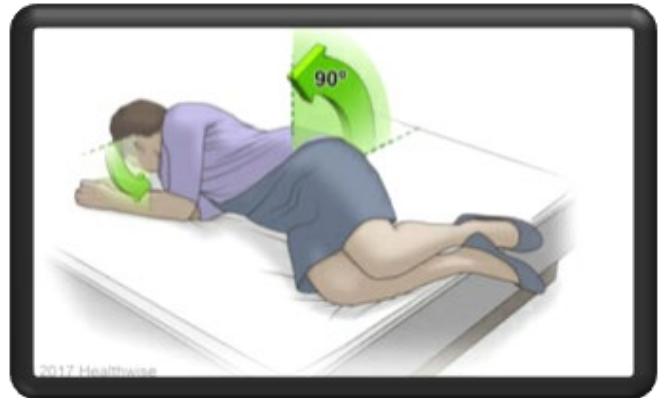
## Step 4

- A. Turn your head 90 degrees toward the ear that has the least vertigo. In this picture, the woman is turning to the right because she has vertigo on her left side. The point of your chin should be raised and over your shoulder.
- B. Hold for 90 seconds.



### Step 5

- A. Roll onto the side with the least vertigo. You should now be looking at the floor. Chin against your shoulder (not your chest) looking straight down neck permitting.
- B. Hold for 90 seconds.



### Step 6

- A. Return to the sitting position. When sitting up try raise up on your side. Do not lean forward or backwards but come up sideways. Expect to feel some vertigo when you return to the normal position.



### For BEST results:

- A. Sleep at about a 30 to 60-degree angle for 2 nights
- B. Limit bending and lifting for 2 days and if possible, wear soft cervical collar for 2 days.
- C. Foam wedges can be purchased to help.



Please call the Balance and Ear Center with any questions.



Wayne T. Shaia, MD

Fred T. Shaia, MD

Lauren Kontra, PA-C

10200 Three Chopt Rd, Henrico, VA 23233

P: 804-288-3277 F: 804-282-1043