

EPLEY MANEUVER (for Vertigo)

Canalith Repositioning Procedure for Left-Sided Benign Paroxysmal Positional Vertigo

- ① With patient seated on table, turn head 45° toward the affected side while extending the neck.
- ② Lay patient down keeping head rotated and extend the neck 10° to 20° depending on patient's ability and comfort. Hold this position for 20 to 30 seconds or until nystagmus or vertigo ceases.
- ③ Turn head 90° toward the unaffected side. Hold this position for 20 to 30 seconds or until nystagmus or vertigo ceases.
- ④ Turn head another 90° rolling body toward the unaffected side. Hold this position for 20 to 30 seconds or until nystagmus or vertigo ceases.
- ⑤ Return patient to upright, seated position with neck flexed for 20 to 30 seconds.

