

Epley Maneuver for Vertigo: Exercises

Introduction

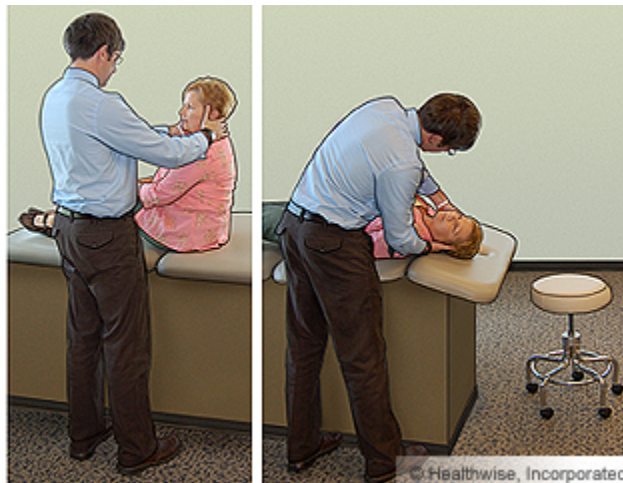
The Epley maneuver is a series of movements your doctor may use to treat your vertigo. Here are the steps for the exercises. Your doctor or physical therapist will guide you through the movements.

A single 10- to 15-minute session often is all that's needed. Crystal debris (canaliths) cause the vertigo.

When your head is moved into different positions, the debris moves freely. This may cause your symptoms to stop.

How to do the exercises

Step 1



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1. You will sit on the doctor's exam table. Your legs will be out in front of you. The doctor or physical therapist will turn your head so that it is halfway between looking straight ahead and looking to the side that causes the worst vertigo.
2. Without changing your head position, he or she will guide you back quickly. Your shoulders will be on the table. Your head will hang over the edge of the table. At this point, the side of your head that is causing the worst vertigo will face the floor. You'll stay in this position for 30 seconds or until your symptoms stop.

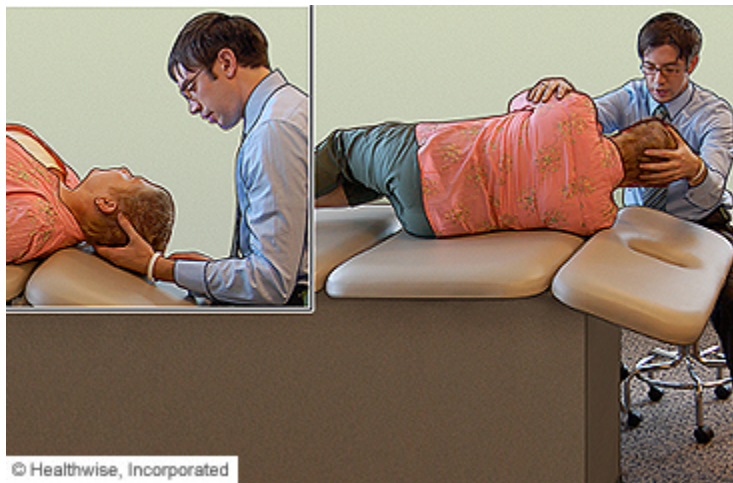
Step 2



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1. Then, the doctor or physical therapist will turn your head to the other side. You don't need to lift your head. The other side of your head will face the floor. You will stay in this position for 30 seconds or until your symptoms stop.

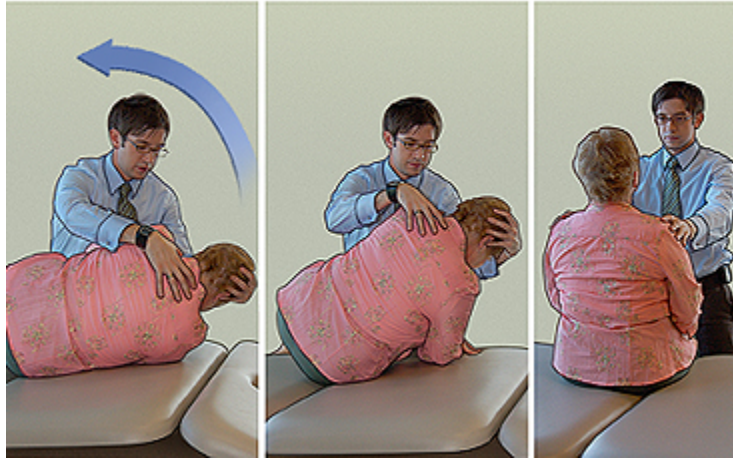
Step 3



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1. The doctor or physical therapist will help you roll your body in the same direction that your head is facing. You will lie on your side. (For example, if you are looking to your right, you will roll onto your right side.) The side that causes the worst symptoms should be facing up. You'll stay in this position for another 30 seconds or until your symptoms stop.

Step 4



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1. The doctor or physical therapist will then help you to sit back up. Your legs will hang off the table on the same side that you were facing.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

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