

Treating Vertigo with the Home Epley Manoeuvre

Before trying the Home Epley Manoeuvre, review it with an expert in treating vertigo.

What is vertigo?

Vertigo (say *ver-tee-go*) is commonly called “dizziness”. You might feel like your head is spinning or whirling, or you might feel like the room is spinning.

Tell your family practitioner when any of the following happens:

- You have dizziness.
- Your dizziness does not go away after 1 to 2 weeks.
- Your dizziness gets worse.

What is benign paroxysmal positional vertigo? (say *bee-nine pear-ox-siz-mull ver-tee-go*)

This is a type of vertigo. It is often called BPPV (say *bee-pee-pee-vee*). Everyone has tiny crystals in their ears to help detect movement. When these crystals are in the wrong place, they can confuse the brain and cause dizziness.

Some people get BPPV after falling or after keeping their head in the same position for a long time.

An expert in BPPV can teach you the Home Epley Manoeuvre to treat this type of vertigo.

What is the Home Epley Manoeuvre?

The Home Epley Manoeuvre (say *home ep-lee man-noo-ver*) is an exercise you can do at home. With this exercise, you move your head and body in different ways to help the crystals move back to the right place in your ear.

Family practitioners and physiotherapists are experts in treating BPPV. They teach you to do this exercise safely. Use the steps on the next page to help you remember what to do when you are at home.

Some people only have to do this exercise once to feel better. Other people need to do this exercise for a few days to get the best results.

After doing the exercise, some people feel dizzy or as if they are going to be sick (nauseated) for a short time. This is why it is best to do this exercise before bedtime.

If this exercise does not help your dizziness, you might have a different type of vertigo.

Family practitioner refers to either a family doctor or nurse practitioner.

Cannot contact your family practitioner? Have questions about your dizziness?

Contact **Fraser Health Virtual Care** to speak with a registered nurse 10:00 a.m. to 10:00 p.m., every day.

Contact **HealthLink BC** to speak with a registered nurse any time, day or night.



Phone: 1-800-314-0999

Chat live online:

- Scan this QR code, or
- Visit fraserhealth.ca/virtualcare

Phone: 8-1-1

TTY 7-1-1

Av available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

www.fraserhealth.ca

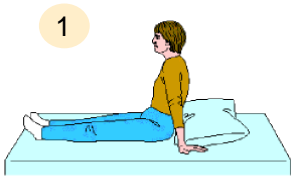
This information does not replace the advice given to you by your health care provider.

Treating Vertigo with the Home Epley Manoeuvre - *continued*

How do you do the Home Epley Manoeuvre?

Read all of these steps before you start. Start with the steps for the **RIGHT** ear, or as directed by your family practitioner or physiotherapist. If you are still dizzy after doing the steps for one ear three times, do the steps for the other ear.

Follow these steps for your **RIGHT** ear



1
Sit on your bed.
Place a pillow behind you.



2
Turn your head to the right.
Hold here for 1 minute.



3
Keep your head turned to the right and lie down on your back. Make sure the pillow is under your back and shoulders, not your head.
Hold here for 30 seconds.



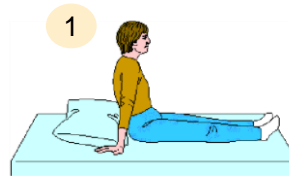
4
Turn your head to the left.
Hold here for 30 seconds.



5
Roll your body onto your left side. You should be looking toward the ground.
Hold here for 30 seconds.
Then, slowly sit up.

Repeat steps 2 to 5, two more times.

Follow these steps for your **LEFT** ear



1
Sit on your bed.
Place a pillow behind you.



2
Turn your head to the left.
Hold here for 1 minute.



3
Keep your head turned to the left and lie down on your back. Make sure the pillow is under your back and shoulders, not your head.
Hold here for 30 seconds.



4
Turn your head to the right.
Hold here for 30 seconds.



5
Roll your body onto your right side. You should be looking toward the ground.
Hold here for 30 seconds.
Then, slowly sit up.

Repeat steps 2 to 5, two more times.

Adapted with permission from [Chicago Dizziness and Hearing](http://www.chicagodizzinessandhearing.com)