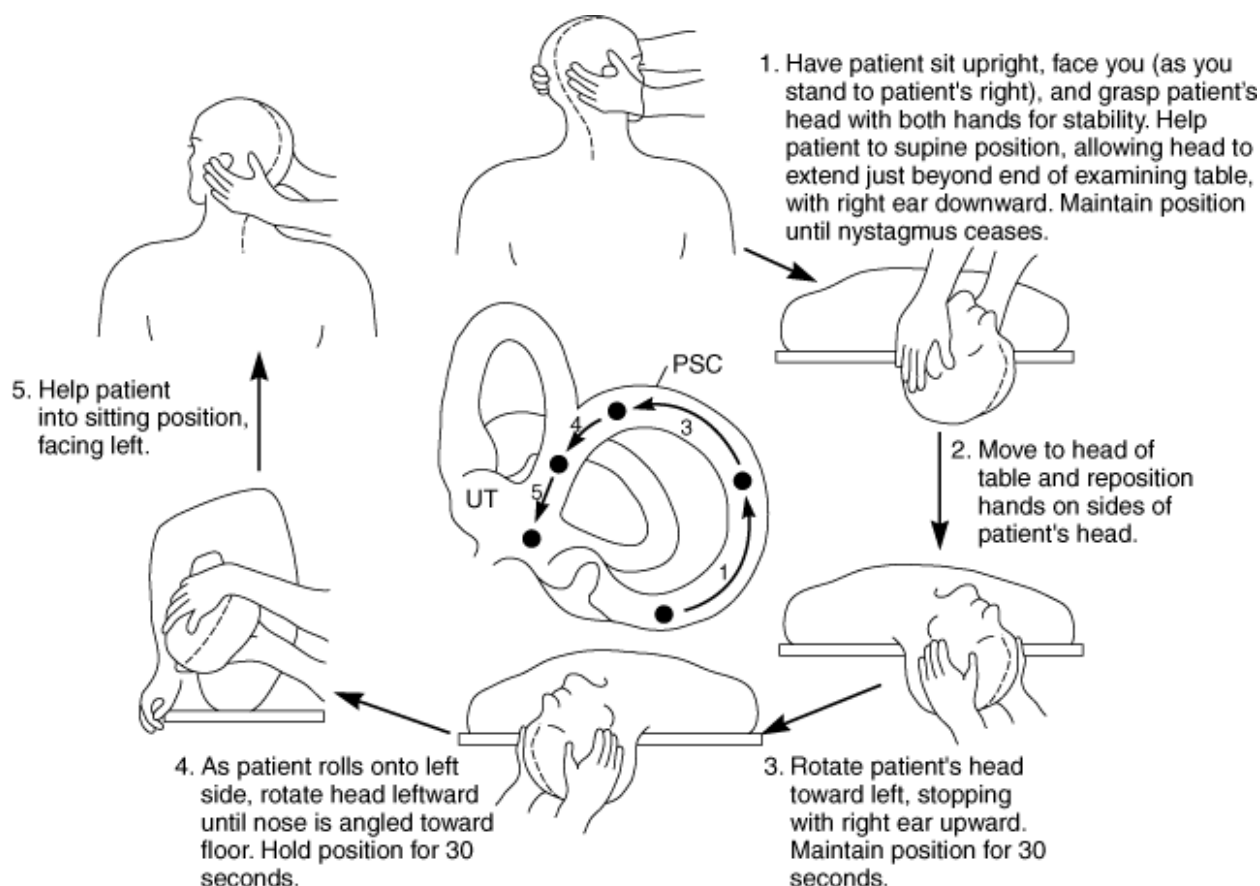


APPENDIX B: EPLEY MANEUVER



Source: Lalwani AK: *Current Diagnosis & Treatment in Otolaryngology—Head & Neck Surgery*, 2nd Edition: <http://www.accessmedicine.com>

Copyright © The McGraw-Hill Companies, Inc. All rights reserved.

EPLEY MANEUVER

The patient is taken through four moves, starting in the sitting position with the head turned at a 45° angle toward the affected side.

- The patient is placed into the Dix-Hallpike position (supine with the affected ear down) until the vertigo and nystagmus subside.
- The patient's head is then turned to the opposite side, causing the affected ear to be up and the unaffected ear to be down.
- The whole body and head are then turned away from the affected side to a lateral decubitus position, with the head in a face-down position.
- The last step is to bring the patient back to a sitting position with the head turned toward the unaffected shoulder.