

APPENDIX B: EPLEY MANEUVER – LEFT AND RIGHT

LEFT EPLEY MANEUVER

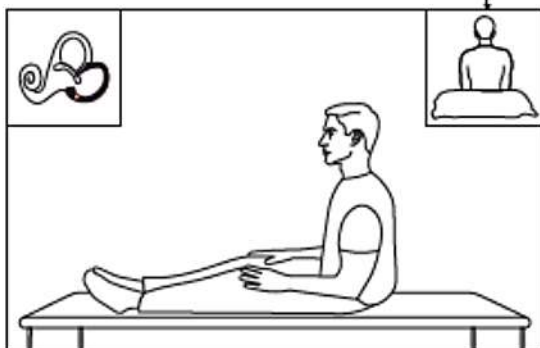
Directions: Performed with clinician assistance for treatment of left posterior canal benign paroxysmal positional vertigo. Each step must be performed in order with at least a 60 second hold to allow for successful resolution of BPPV.

Step 1:

Patient begins sitting in long sitting on a treatment table. The clinician should stand toward the patient's left side.

1a.

If such a treatment table is not available, the required 30 degrees of extension can be achieved by having the patient lie over pillow (or rucksack) at the torso such that the head will be extended to allow for successful treatment. (See inset diagram.)



1b.

Turn the patient's head 45 degrees toward the left.



1c.

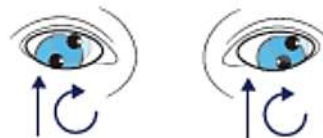
Assist the patient to lie into a supine position with the neck extended 30 degrees beyond horizontal.

- This is typically performed by supporting the patient's neck into extension off of the treatment table or by declining the head of the bed/table if available.
- Maintain this position until nystagmus and dizziness stops plus an additional 60 seconds.



Observe for a characteristic (upward and left torsional) nystagmus and patient complaints of dizziness.

Upward Left Torsional Nystagmus



Eye movement depicted is from the perspective of a clinician looking at a patient.