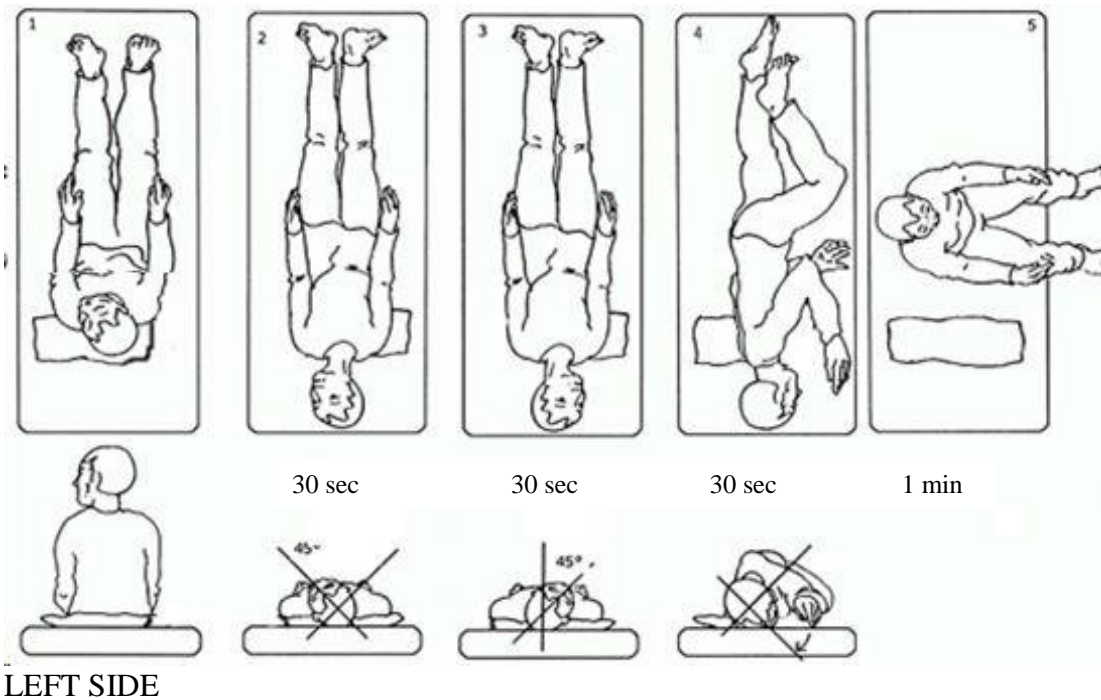
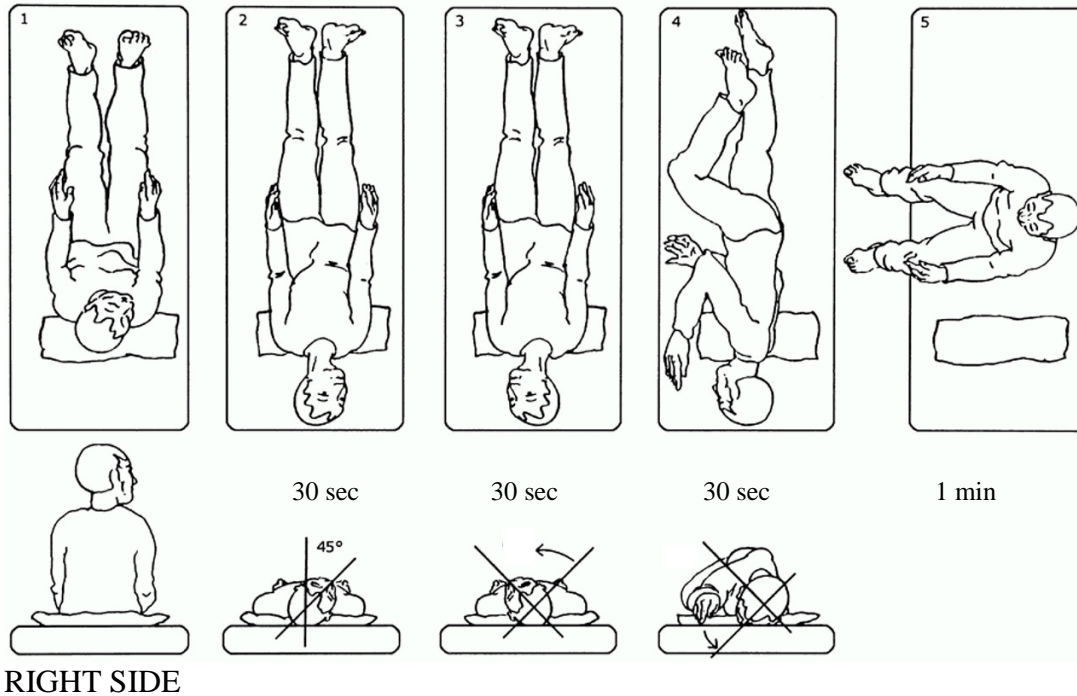


## SELF TREATMENT WITH THE EPLEY MANEUVER



For active treatment, do these exercises as instructed on the order from your provider. Usually this is exercises for the symptomatic side, in the evening, 3 repetitions.

If nausea/vomiting are associated with these exercises, stop for that day, and on the next day take an anti-nausea medication 30 minutes prior to the procedure.

(Figure adapted from: Radke A and others. A modified Epley's procedure for self-treatment of benign paroxysmal positional vertigo. Neurology 1999, 53: 1358-60). This handout is © Chicago Dizziness and Hearing, 2019.