

BPPV and its therapy ‘Epley Maneuver’

Epley Maneuver is an exercise to alleviate the symptoms of ‘Benign Paroxysmal Positional Vertigo (BPPV)’ caused by a problem in your inner ear. You feel false spinning sensation (also known as vertigo) when you are getting in or out of bed, or tilting your head up.

Symptoms of BPPV:

Following symptoms are commonly observed in BPPV affected persons;

- Headache
- Dizziness
- Loss of balance
- Nausea
- Vomiting
- Double vision or loss of vision
- Loss of hearing
- Trouble in speaking
- Weakness in arms and legs

How we will know which side of ear is affected by BPPV:

There are different steps to check the affected side of the ear from BPPV:

1. Lie down on the bed and let your head hang over the edge of the bed.
2. Tilt your head to the right side and quickly get back to the original position.
3. Take one minute to relax.



Right Position

In case of dizziness, your right ear is the affected ear.

4. Sit up if you do not experience dizziness.
5. Take a moment to recover.
6. Turn your head to the left and rapidly lie back in the original position.
7. Hold this position for 1 minute.



Left Position

In cases of dizziness, your left ear will be affected.

How is BPPV treated?

1. Sit down on the table or bed.



2. Lie your back on the bed or table with your head over the edge. Tilt the head slightly to ensure that the affected ear must be at 45 degrees angle away from the bed. Hold the position of a body for a few minutes until the symptoms go away.



3. Then you are recommended to turn your head quickly in the opposite direction without raising it so that your "good" ear is parallel with the table or bed but slightly over the edge. Hold this position for about a minute or until the symptoms subside.



4. Sit up straight by keeping your chin tucked in.

Note: Your healthcare provider will give you instructions on repositioning the particle once you get it.