

Give Patient Home Epley Maneuver to perform three times a day. Repeat this daily until free from positional vertigo for 24 hours.

Following the maneuvers instruct the patient: Wait 10 minutes before leaving the office, Avoid sudden head movement, Have another person drive you home.

### **HOME Left EPLEY MANEUVER**

Typically 3 cycles are performed just prior to going to sleep. Best to do them at night rather than in the morning or midday. If they become dizzy following the exercises, then it can resolve while one is sleeping. The mirror image of this procedure is used for the right ear. Repeated every night for a week. The head is turned to the side of vertigo/nystagmus during the Dix/Hallpike Test.

### **Recommended Websites and links:**

#### **Timothy C. Hain, MD**

<http://www.dizziness-and-balance.com/disorders/bppv/bppv.html> (Pg modified 11-21-09)

#### **Dix-Hallpike Test**

[http://www.neurology.org/content/vol70/issue22/images/data/2067/DC2/Video\\_1.wmv](http://www.neurology.org/content/vol70/issue22/images/data/2067/DC2/Video_1.wmv)

#### **To see a movie of BPPV**

nystagmus, a13 meg download - (<http://www.dizziness-and-balance.com/disorders/bppv/movies/bppv.avi>)

#### **Epley maneuver**

(<http://www.dizziness-and-balance.com/disorders/bppv/bppv.html>).

We offer a home treatment DVD that illustrates the home Epley exercises.

#### **Vestibular Disorders Association**

(VEDA) <http://www.vestibular.org/>.

Brandt Daroff exercise VIEW MOVIE AT

[http://www.neurology.org/content/vol70/issue22/images/data/2067/DC2/Video\\_8.wmv](http://www.neurology.org/content/vol70/issue22/images/data/2067/DC2/Video_8.wmv).

Mayo Clinic Staff Original Article: <http://www.mayoclinic.com/health/vertigo/DS00534>

### **Outcome Tools**

#### **The Berg Balance Scale**

[http://www.aahf.info/pdf/Berg\\_Balance\\_Scale.pdf](http://www.aahf.info/pdf/Berg_Balance_Scale.pdf)

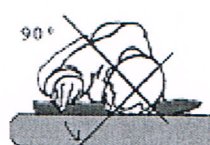
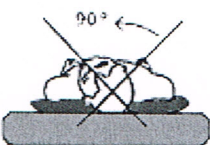
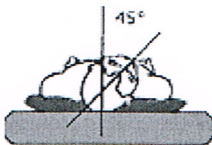
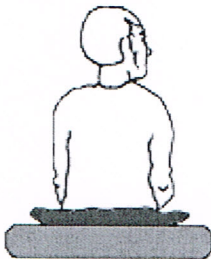
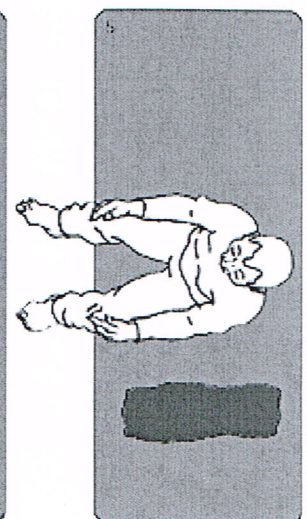
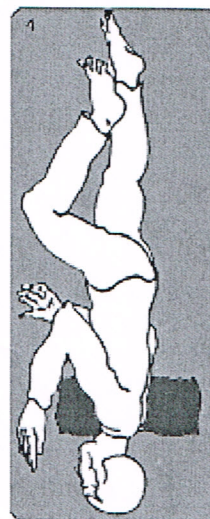
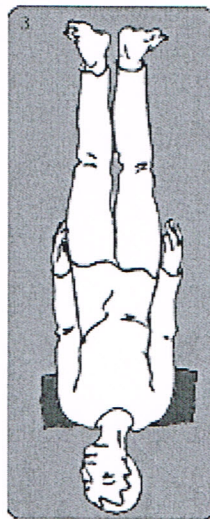
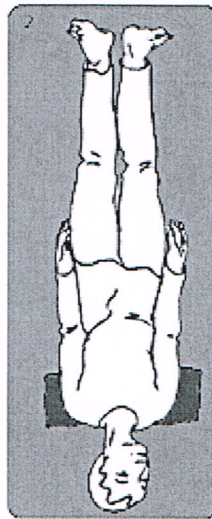
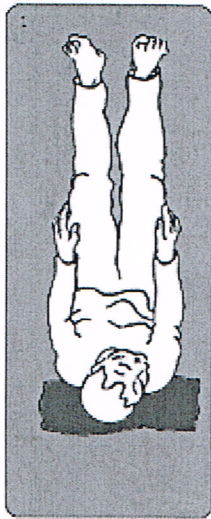
#### **Dizziness Handicap Inventory**

<http://web.missouri.edu/~proste/tool/vest/Dizziness-Handicap-Inventory.pdf>

#### **Geriatric Depression Scale**

<http://www.stanford.edu/~yesavage/GDS.html>

### Self-treatment of benign positional vertigo (right)



Start sitting on a bed and turn your head 45° to the right. Place a pillow behind you so that on lying back it will be under your shoulders.

Lie back quickly with shoulders on the pillow and head reclined onto the bed. Wait for 30 seconds.

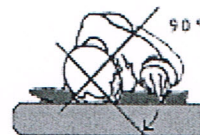
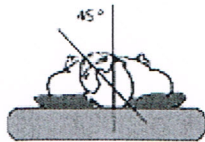
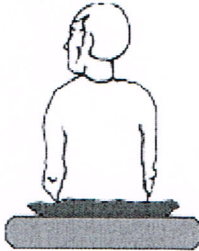
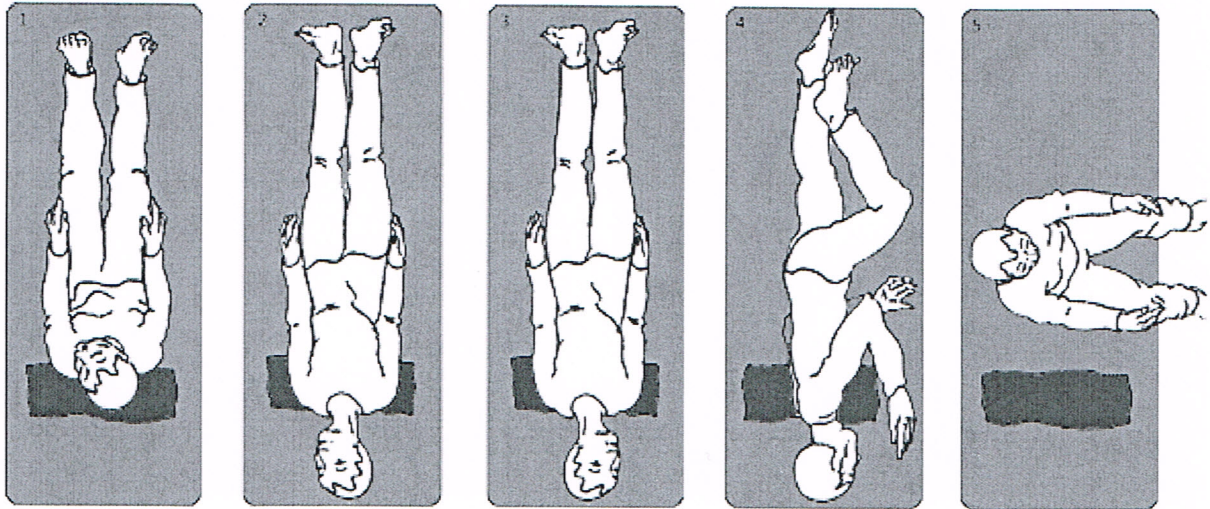
Turn your head 90° to the left (without raising it) and wait again for 30 seconds.

Turn your body and head another 90° to the left and wait for another 30 seconds.

Sit up on the left side.

This maneuver should be carried out three times a day. Repeat this daily until you are free from positional vertigo for 24 hours.

### Self-treatment of benign positional vertigo (left)



Start sitting on a bed and turn your head  $45^\circ$  to the left. Place a pillow behind you so that on lying back it will be under your shoulders.

Lie back quickly with shoulders on the pillow and head reclined onto the bed. Wait for 30 seconds.

Turn your head  $90^\circ$  to the right (without raising it) and wait again for 30 seconds.

Turn your body and head another  $90^\circ$  to the right and wait for another 30 seconds.

Sit up on the right side.

This maneuver should be carried out three times a day. Repeat this daily until you are free from positional vertigo for 24 hours.