

# Epley Maneuver- BPPV Canalith Repositioning Maneuver



## 01. SIT NEUTRAL

Position the long-sitting patient on a table so that their head can extend over the table's edge when they lie back.

## 02. LIE BACK

Support the patient's head with both hands. In one smooth motion, lie them back while extending and rotating their head toward the affected side (from the positive Dix-Hallpike test). Expect dizziness and nystagmus. Hold for 15–30 seconds after symptoms subside. If dizziness worsens after a few seconds, stop and consider alternate diagnoses.



## 03. ROTATE HEAD

While maintaining hyperextension, slowly rotate the patient's head 90 degrees to face the opposite side. Hold this position for 30-60 seconds after any dizziness has faded.

## 04. ROLL BODY

While maintaining 90 degrees of cervical rotation, ask the patient to roll their body toward that side so that they are looking straight down at the ground. Hold this side-lying position for 15-30 seconds.



## 05. SIT UP

While maintaining the patient's head position relative to their body, ask the patient to sit up. Maintain this position for 15-30 seconds after any dizziness has faded, then have the patient rotate their head back to a neutral position.

After BPPV repositioning, retest with the same provocative test to check for improvement. If symptoms persist, repeat the maneuver during the same session, waiting at least 15 minutes between attempts to reduce the risk of particle reflux into the horizontal canal. Ongoing symptoms may require additional sessions spaced over days to a week.