



Use the side and manoeuvre selected by your therapist. Stop and seek advice if the response is not as expected.

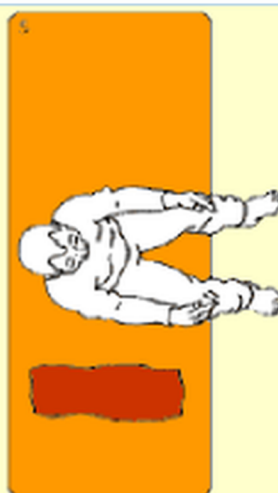


WHAT IS BPPV?

BPPV occurs when tiny calcium crystals (otoconia) become displaced into one of the semicircular canals of the inner ear. When the head changes position, the crystals move and send a false signal that the head is turning. This can cause brief vertigo and characteristic eye movements called nystagmus.



LEFT EPLEY MANOEUVRE



Start sitting on a bed and turn your head 45° 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° to the right (without raising it) and wait again for 30 seconds.



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

Sit up on the right side.

AFTERCARE



EXPECTED AFTER-EFFECTS

Temporary dizziness, foginess, imbalance, motion sensitivity or headache can occur. This does not mean the manoeuvre has failed — your brain and balance system may still be adjusting.



MOVEMENT PRECAUTIONS

If instructed, avoid bending forward or looking up for the time specified by your therapist.



FOLLOW-UP

Your therapist will explain whether review is needed and when to contact us if symptoms persist, return or do not feel right.



HOME TREATMENT:

Follow the correct sequence, move slowly and use the plan prescribed for you.

