

Vestibular Rehabilitation

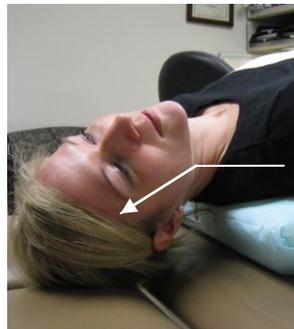
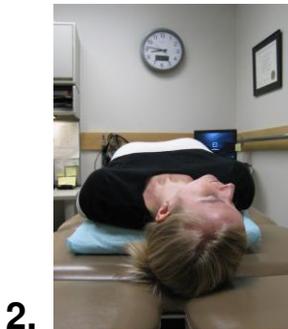
Epley Maneuver for the Right Ear

Place a folded blanket on the bed so it is at the level of your shoulder blades when you lay down. This will allow your head to tip back slightly, but remain supported by the bed.



Begin by sitting on your bed with your legs stretched out in front of you. Turn your head halfway (45 degrees) to the **RIGHT**.

If this position does not provoke dizziness, sit back up! →



Keep your head turned halfway to the right and lie down quickly. Your head should stay turned halfway (45 degrees) to the **RIGHT** and should be tipped slightly back. Wait until your dizziness passes, plus 30 seconds.



Keep the back of your head in contact with the bed and slowly turn your head halfway (45 degrees) to the **LEFT**. Wait 30 seconds.

4.



Roll onto your **LEFT** side with your nose pointed diagonally (45 degrees) downward towards the floor.

Important: Your forehead should **not** be resting on the bed. Your head should be in line with your spine.

Stay in this position until your dizziness passes, plus 30 seconds.

5.



Slowly return to sitting at the edge of the bed.

Sit with your head level for 15 minutes.

For the next few hours, avoid bending over at the waist or tipping your head up or down. You should also avoid laying down flat to rest or to take a nap. However, you can sleep in your normal position when you go to bed at night. Resume all of your normal activities the next day.

Important: Never perform the Epley Maneuver for the RIGHT and LEFT ear within the same 24-hour period.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health System (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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