



Home exercise instructions after Canalith Repositioning Maneuver (Epley's)

You have received a Canalith Repositioning (Epley's) Maneuver for Benign Paroxysmal Positional Vertigo (BPPV).

This technique is to reposition normal, but displaced 'ear rocks' (otoliths) that have collected in one of the canals of your inner ear.

To ensure total success please follow these instructions for 48 hours:

- Sleep with 2-3 pillows so that your head is elevated – do not lie flat.
- Do not lie on your affected side – your Right Left side.
- Do not look way up or way down.
- Do not bend over – keep your head upright.
- Do not turn your head to the left or the right quickly – use your upper body to turn.
- You are to return to the office in 3-5 days for follow-up of this procedure.

Epley's Maneuver may be need up to three (3) times to remove all of the displaced ear rocks.

Several home exercise videos are available at our website at www.MedicalArtsRehab.com – Home Exercise Videos – Vertigo .

BPPV occasionally comes back: 13% at 6 months, 18% at one year, 50% at five years. Follow-up treatments may be necessary and are just as successful.

Who needs Balance and Vertigo Therapy?

Older adults with BPPV are at risk for falls and their sequelae: fractures, head injuries, hospitalization, reduced activities and depression.

Patients on vestibular suppressant medications have a significant new, independent risk factor for falls.¹

¹ Otolaryngology – Head and Neck Surgery, Vol. 139, No.5S4, November 2008.