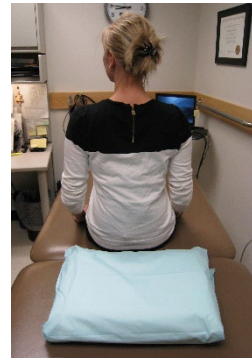


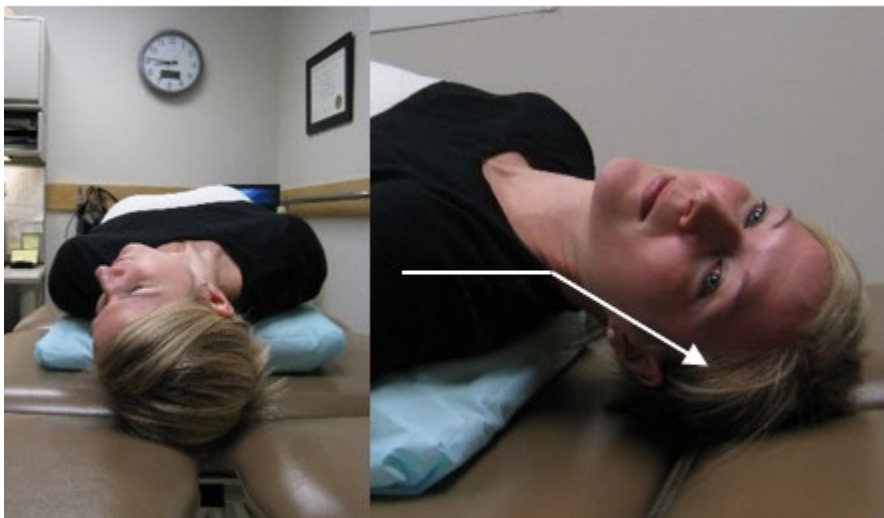
Vestibular Rehabilitation: Epley Maneuver for the Left Ear

Place a pillow or folded blanket on the bed. The pillow or blanket should be at the level of your shoulder blades when you lie down. This will allow your head to tip back slightly when you're doing this exercise.

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



2. Keep your head turned halfway to the left and lie down quickly. Your head should stay turned halfway (45 degrees) to the **left** and it should be tipped back slightly. Wait until your dizziness passes, and then wait another 30 seconds.
 - If this position does not cause dizziness, sit back up.



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



4. Roll onto your **right** side with your nose pointed down at a 45 degree angle toward the floor. Stay in this position until your dizziness passes, and then wait another 30 seconds.
 - Your forehead should not be resting on the bed. Your head should be in line with your spine.



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 lying down flat to rest or to take a nap. However, you can sleep in your normal position when you go to bed at night. You can continue doing all of your normal activities the next day.

You can do this exercise 1-3 times per day.

If you stop experiencing positional dizziness, then stop doing this maneuver.

Important: Never do the Epley Maneuver for both the left and right ear within the same 24-hour period.

For a video demonstration of the Epley Maneuver for the left ear, scan this QR code:



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. 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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