Epley manoeuvre – Quick guide
Epley manoeuvre

• 80% quoted success rate
• Easy to perform
• Repositions “crystals”
• Explain to patient beforehand
• Some post-manoeuvre instructions also
  – See separate patient handout also
EPELEY Manoeuvre – see following slides
Start with patient sitting on couch. Same position as for Dix Hallpike testing

Turn patient’s head toward affected side. Pause in this position for 30 seconds

EPLEY Manoeuvre
Lie patient flat, as for Dix-Hallpike but not as rapidly
This and all parts of Epley are undertaken slowly and smoothly
Support the head throughout
Head remains turned to affected side and is hanging off end of couch
Pause in this position for 30 seconds
Turn the patient’s head towards the good ear
This and all parts of Epley are undertaken slowly and smoothly
Pause in this position for 30 seconds
Keeping head looking in same direction, ask patient to gently move to lie on hip and shoulder of good side. Then turn head toward good ear. Will now be looking at floor, with chin close to shoulder. All parts of Epley are undertaken slowly and smoothly. **Pause in this position for 30 seconds**
Gently bring patient to sitting position. Ensure head position does not change relative to trunk (chin still on shoulder of good side). This and all parts of Epley are undertaken slowly and smoothly. 

**Pause for 30 seconds**

**EPLEY Manoeuvre**
Finally, turn head to centre and flex neck to put chin on chest in one movement

Pause for 30 seconds

EPLEY Manoeuvre
Epley manoeuvre

Post-manoeuvre instructions

• Patient not to drive home after Epley
• Patient to avoid lying flat for 2 nights after
• For a further 5 nights, avoid lying on bad side:
  – Sleep on good side with pillow behind back to act as a barrier to rolling over

• See also separate patient handout