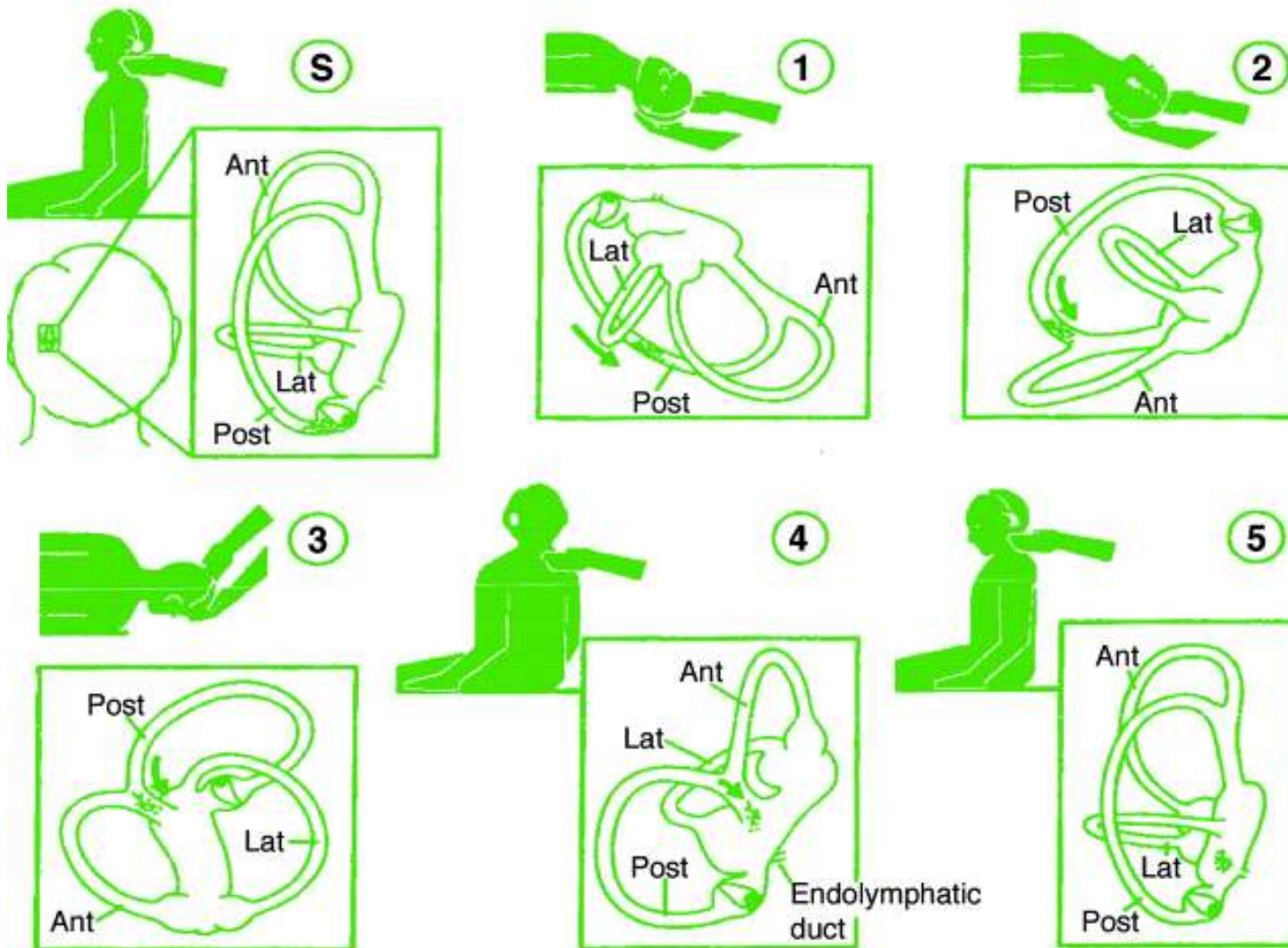


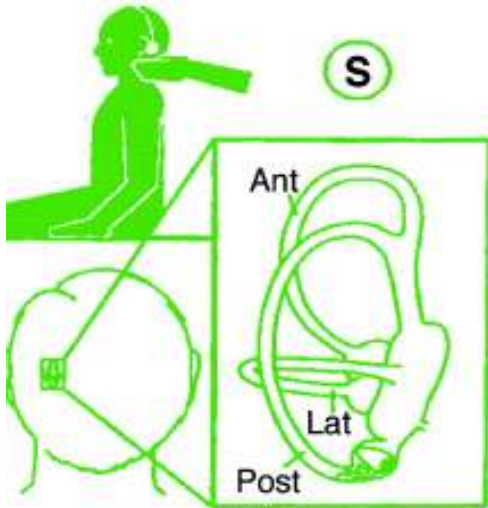
Epley manoeuvre – Quick guide

Epley manoeuvre

- 80% quoted success rate
- Easy to perform
- Repositions “crystals”
- Explain to patient beforehand
- Some post-manoevre instructions also
 - See separate patient handout also



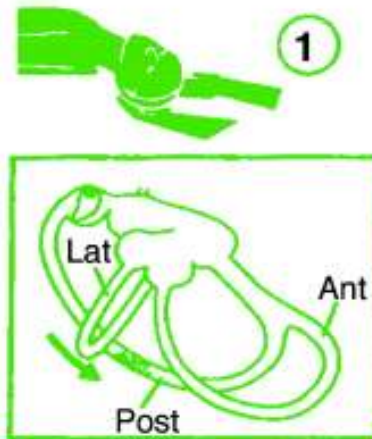
EPLBY Manoeuvre – see following slides



Start with patient sitting on couch.
Same position as for Dix Hallpike testing

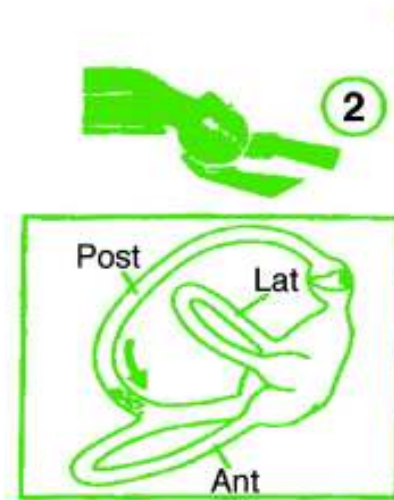
Turn patient's head toward affected side.
Pause in this position for 30 seconds

EPLÉY Manoeuvre



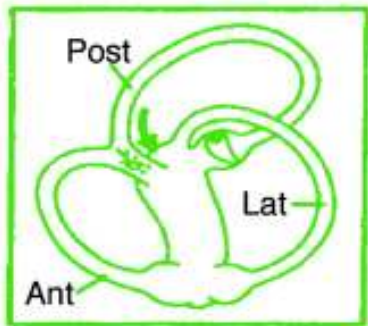
Lie patient flat, as for Dix-Hallpike but not as rapidly
This and all parts of Epley are undertaken slowly and smoothly
Support the head throughout
Head remains turned to affected side and is hanging off end of couch
Pause in this position for 30 seconds

EPLEY Manoeuvre



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

EPLEY Manoeuvre



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

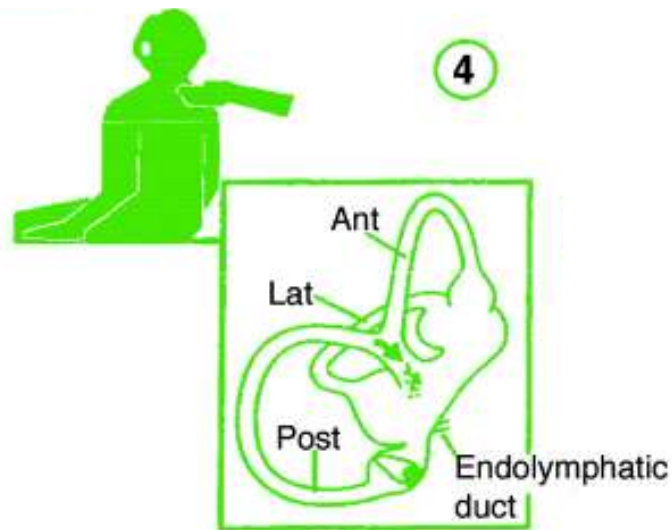
EPLEY Manoeuvre

Gently bring patient to sitting position.

Ensure head position does not change relative to trunk (chin still on shoulder of good side)

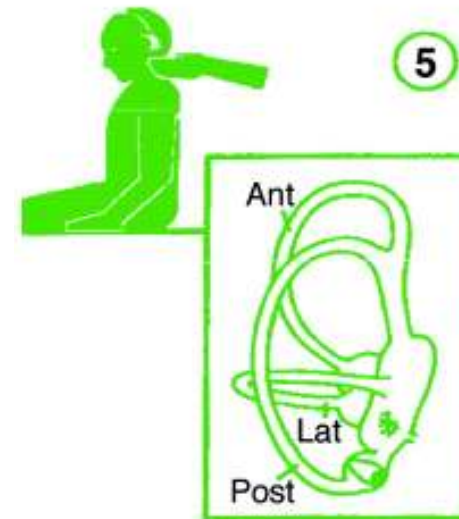
This and all parts of Epley are undertaken slowly and smoothly

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



EPLÉY 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