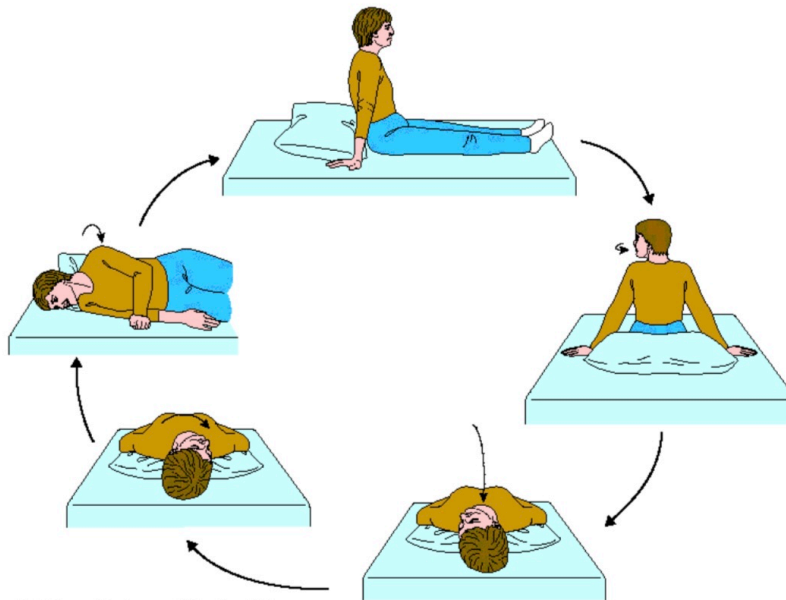

The Epley maneuver

Epley Maneuver for Benign Positional Vertigo



1. Lie down on your back, turn head to left for 1 minute
2. Then turn head to right for 1 minute
3. Turn whole body to right, head facing towards floor for 1 minute
4. Sit up slowly, head tilted forward for 1 minute

If above does not work to relieve nausea and dizziness, try:

1. Lie down on your back, turn head to right for 1 minute
2. Then turn head to left for 1 minute
3. Turn whole body to left, head facing towards floor for 1 minute
4. Sit up slowly, head tilted forward for 1 minute

