

Epley's Manoeuvre

Epley manoeuvre for BPPV

The Epley manoeuvre is used to treat the commonest type of [BPPV](#), where the chalk crystals are free-floating in the posterior ear canal. The Epley manoeuvre begins by making the patient dizzy with the appropriate Hallpike Test. The patient is then rolled over (in stages, pausing for about half a minute in each position) onto the opposite side (nose towards the floor), before being sat up again. This manoeuvre floats the chalk crystals round the affected canal and out of the far end, back to where they belong. Once there, they may reattach themselves, or possibly dissolve. They may however remain free-floating and liable to fall back into one of the semi-circular canals. Up to a third of patients



may suffer one or more further bouts of BPPV at some time in their lives. This is not a major problem: the manoeuvre can be repeated as and when necessary, and in some cases, patients (or their relatives) can even be taught to do it themselves.

The manoeuvre is safe and can be carried out on anyone without severe neck or back problems, which would not necessarily prevent treatment but would need to be carefully assessed beforehand. Following treatment, a small number of patients will feel a bit dizzy and off-balance, occasionally for a day or two. This is rare. Patients who are liable to vomit when dizzy should take appropriate medication prior to treatment. This manoeuvre has offered instant relief of symptoms in nine out of ten patients; however some may need two or more treatments. Overall the Epley Manoeuvre has seen 95% of cases to be symptom free after the manoeuvre.