

Treatment of Positional Vertigo

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Positional vertigo is a condition of sudden onset dizziness, typically as a result of specific head movements. The peak of the symptoms (sensation of room spinning) usually lasts less than a minute, and the patient may then experience lightheadedness for various durations. The attacks are usually repeatable, although the intensity of symptoms is usually reduced in each subsequent attack.

The diagnosis of positional vertigo is confirmed by history of symptoms as well as positional testing performed by your doctor. Once confirmed, a positional maneuver called the Eply procedure, can eliminate or reduce the symptoms in the majority of patients.

The following is the details of the Eply maneuver. The patient is encouraged to perform this at home if symptoms recur, or if advised by your doctor.

Right-sided Positional Vertigo

1. Start in the sitting position in your bed, so that the edge of the mattress would halfway support your head when tilting back.
2. Turn your head all the way to the **right**, and lay down really fast.
3. Stay like this for 2 minutes.
4. Rotate your head slowly all the way to **left**.
5. Stay like this for 2 minutes.
6. Rotate your body so that you are laying on the **left** shoulder, **right** shoulder is up, and the head is looking to the floor.
7. Stay like this for 2 minutes.
8. Get up sideways.

Left-sided Positional Vertigo

1. Start in the sitting position in your bed, so that the edge of the mattress would halfway support your head when tilting back.
2. Turn your head all the way to the **left**, and lay down really fast.
3. Stay like this for 2 minutes.
4. Rotate your head slowly all the way to **right**.
5. Stay like this for 2 minutes.
6. Rotate your body so that you are laying on the **right** shoulder, **left** shoulder is up, and the head is looking to the floor.
7. Stay like this for 2 minutes.
8. Get up sideways.

It is advisable to refrain from going to a completely flat position for two days, so as not to reverse the effect of the treatment while tossing in bed. Attempt to sleep at a 30 degree angle (2 pillows under the back, 3 pillows under the head) for the next two nights.

Based on your overall symptoms, your doctor may arrange for additional testing. Your progress and any results will be discussed at your follow up appointment.

Instructions for RIGHT-sided Eply Maneuver

1. Start in the sitting position in your bed, so that the edge of the mattress would halfway support your head when tilting back.



2. Turn your head all the way to the **right**, and lay down really fast.



3. Stay like this for 2 minutes.

4. Rotate your head slowly all the way to **left**.



5. Stay like this for 2 minutes.

6. Rotate your body so that you are laying on the **left** shoulder, right shoulder is up, and the head is looking to the floor.



7. Stay like this for 2 minutes.

8. Get up sideways.



Instructions for LEFT-sided Eply Maneuver

1. Start in the sitting position in your bed, so that the edge of the mattress would halfway support your head when tilting back.



2. Turn your head all the way to the **left**, and lay down really fast.



3. Stay like this for 2 minutes.

4. Rotate your head slowly all the way to **right**.



5. Stay like this for 2 minutes.

6. Rotate your body so that you are laying on the **right** shoulder, left shoulder is up, and the head is looking to the floor.



7. Stay like this for 2 minutes.

8. Get up sideways.

