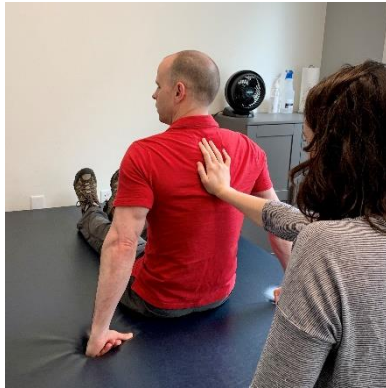


## Epley Maneuver – Left PC Affected

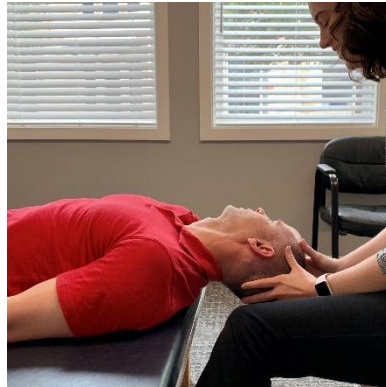
1. Start patient in long sitting on mat with head turned 45° toward affected (*left*) side.



2. Rapidly bring patient backward onto mat until their head is extended 20-30°. Watch for nystagmus. Hold in position for at least 10-30 seconds.



3. Keeping head extended, slowly turn head until patient's head is turned 45° toward unaffected (*right*) side. Hold in position for at least 10-30 seconds.  
**Watch for nystagmus.**



4. Keeping head down, slowly roll patient onto right side, turn patient's head so they are facing down and have them tuck their chin. Hold in position for at least 30-60 seconds.



5. Keeping their chin tucked and head turned, have them sit up on the side of the mat. Keep in position for roughly 10 seconds



6. Have them slowly bring their head up to neutral keeping their head turned to the side. Watch for nystagmus.

