



## **CANALITH REPOSITIONING OR EPLEY MANEUVER**

Patient's Name: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_

Time of Procedure: \_\_\_\_\_

Your physician has requested a Canalith Repositioning Maneuver also referred to as an Epley to treat your Benign Paroxysmal Positional Vertigo (BPPV).

BPPV is a disorder of one of the balance centers in the inner ear, usually the posterior semicircular canal. It is one of several types of positional vertigo and by far the most common. BPPV is benign because it is not life threatening; paroxysmal because the dizziness comes on suddenly and without warning; it is positional because the dizziness either starts or is made worse with head or body movement; and it is vertigo because the dizziness is a whirling type of sensation. It is believed that BPPV occurs when small particles break free from the walls of the semicircular canals located in the inner ear and float in fluid contained in these canals. These floating particles can gather to form tiny clots that may act like a tiny plunger that pushes and pulls the fluid that fills these canals. This is important as the semicircular canals control our sense of balance. The changes in fluid movement can cause false messages to be generated which lead to vertigo. BPPV is thought to be caused by a previous head injury that could have happened years before the dizziness started. The main symptoms of BPPV are vertigo, imbalance and nausea that last for a short time, only to return with a change in body or head position. Some people report a feeling of imbalance that lasts throughout the day. BPPV is a very common problem and accounts for almost half of the balance problems seen by our group. Performing special balance exercises or using a canalith repositioning maneuver usually relieves BPPV. This is moving the free floating particles to an area into the vestibular system where they will not stimulate fluid movements and cause false messages. The canalith repositioning maneuver, or Epley maneuver, is a physical therapy we perform in our office that effectively eliminates the dizziness associated with BPPV in 90% of people.

What to expect during a Canalith Repositioning Maneuver, or Epley Maneuver:

The canalith repositioning or Epley maneuver consists of 4 head movements designed to move the free floating particles out of the semicircular canals. First you will be moved from a sitting to reclining position where your head is extended over the end of the table at a 45 degree angle for approximately 1 ½ minutes. Next you are asked to turn your head to the other side slowly and keeping your head at a 45 degree angle for approximately 1 ½ minutes. Then you roll onto your side with your head slightly angled while looking down at the floor for approximately 1 ½ minutes. Finally, you return carefully to a sitting while keeping your chin tucked position. This maneuver may be repeated several times in one session. For several days following the maneuver please refrain from quick head movements.

Please call our office to schedule a repeat maneuver should the symptoms persist after one week.