

Instructions for 48 hours following Epley maneuver

- When sleeping or relaxing elevate your head about 45 degrees by propping your head on 2-3 pillows.
- Do not lay on your _____ side.
- Do not make sudden head movements. It is okay to move your head, just do so slowly.
- If you have to bend down, do not lean your head over, instead try to bend at the knees.
- If you have to reach up for something high, do not tilt our head back.

After 48 hours, you may begin the following exercises. Please use caution and do these exercises while seated on a sofa or bed. These exercises may cause you to become dizzy at first, but may help to alleviate your symptoms in the long run.

1. Sitting position to standing position
2. Lying down position to standing position
3. Lie down and turn from side to side
4. While standing, bend forward.
5. While standing, bend backwards.

***** Do each exercise for 1 minute each, 2 times per day.**