

Canalith Repositioning Procedure for Left-Sided Benign Paroxysmal Positional Vertigo

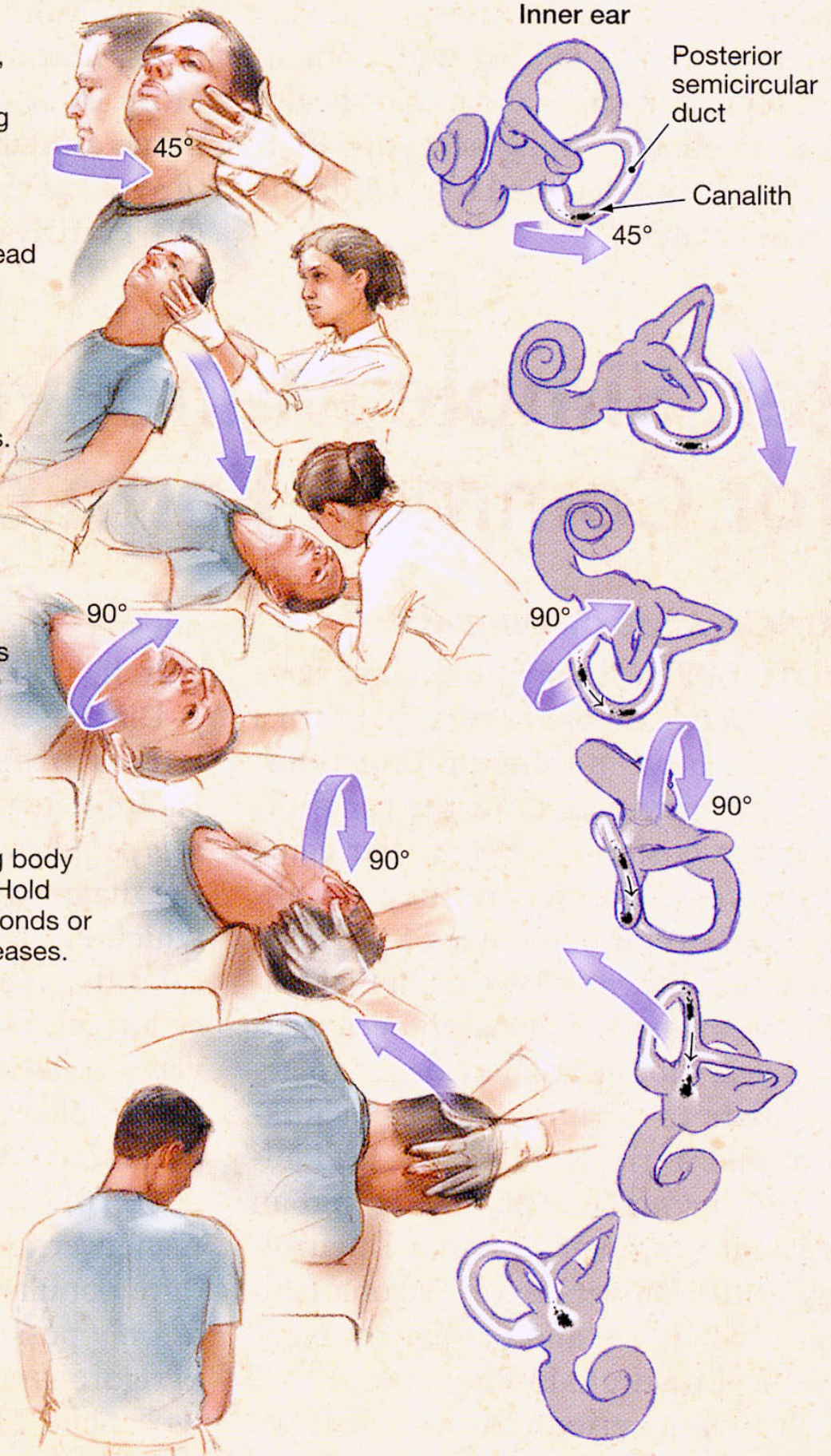
- 1 With patient seated on table, turn head 45° toward the affected side while extending the neck.

- 2 Lay patient down keeping head rotated and extend the neck 10° to 20° depending on patient's ability and comfort. Hold this position for 20 to 30 seconds or until nystagmus or vertigo ceases.

- 3 Turn head 90° toward the unaffected side. Hold this position for 20 to 30 seconds or until nystagmus or vertigo ceases.

- 4 Turn head another 90° rolling body toward the unaffected side. Hold this position for 20 to 30 seconds or until nystagmus or vertigo ceases.

- 5 Return patient to upright, seated position with neck flexed for 20 to 30 seconds.



C. Lynn

To treat posterior canal benign paroxysmal positional vertigo, a patient's head is turned in a series of moves called the Epley maneuver. This repositioning procedure uses gravity to draw canaliths from the posterior semicircular canal to the vestibule, where they are absorbed.