

Epley home maneuver pdf

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Your semicircular canals are found inside your ear The home Epley maneuver is a type of exercise help that helps to treat the symptoms of benign paroxysmal positional vertigo (BPPV). You can do this exercise at home. Sit up on the right side. BPPV is caused by a problem in your inner ear. BPPV Vestibular Rehabilitation: Epley Maneuver for the Left EarKeep the back of your head in contact with the bed and slowly turn your head halfway (degrees) to the right Wait forseconds. INSTRUCTIONS FOR The Home Epley Manoeuvre (say home ep-lee man-noo-ver) is an exercise you can do at home. Sit up slowly, head tilted forward forminute. Home Epley manoeuvre to treat BPPV (left ear) We have written this factsheet to give you more information about benign paroxysmal positional vertigo (BPPV). If above does not work to relieve nausea and dizziness, try: Lie down on your back, turn Wait forminutes after the maneuver is performed before going home. It explains what BPPV is, what the Epley manoeuvre treatment method is and how to perform it safely at home Epley Maneuver for the Left Ear. Place a pillow or folded blanket on the bed. Turn your head° to the left (without raising it) and wait again forseconds. Turn your body and head another° to the left and wait for anotherEpley Maneuver for Benign Positional Vertigo. Repeat this daily until you are free from positional vertigo forhours. Turn whole body to right, head facing towards floor forminute. Lie down on your back, turn head to left forminute. You can do this exercise at home. This maneuver should be carried out three times a day. Don't drive yourself home Patient information factsheet. Turn your head What is the home Epley maneuver? With this exercise, you move your head and body in different ways to help the The home Epley maneuver is a type of exercise help that helps to treat the symptoms of benign paroxysmal positional vertigo (BPPV). This will allow your head to tip back slightly when you're doing this exerciseStart by sitting on your bed with your legs stretched out in front of you. Then turn head to right forminute. This is to avoid quick spins, or brief bursts of vertigo as debris repositions itself immediately after the maneuver. The pillow or blanket should be at the level of your shoulder blades when you lie down.

 Difficulté Facile

 Durée 986 jour(s)

 Catégories Décoration, Maison, Machines & Outils

 Coût 236 USD (\$)

Sommaire

Étape 1 -
Commentaires

Matériaux

Outils

Étape 1 -