Canalith Repositioning Maneuver for Left Side
Benign Paroxysmal Positional Vertigo

Adapted from Ronald J Tusa, MD, PhD and Susan J Herdman, PT, PhD.
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- Place a folded blanket on the bed so it is at shoulder blade level when you are lying down. This will allow your neck to be slightly extended while your head is supported by the bed.

- Sit on your bed with your legs stretched out in front of you. Turn your head 45 degrees to the left.

- Lie down quickly over the blanket, while keeping your head turned to the left but supported by the bed. Stay in that position for 30 seconds, or until dizziness stops, whichever is longer.

- While keeping your head tipped backwards in contact with the bed, slowly rotate your head to the right. Stay in that position for 30 seconds.

- Roll on your right side so that your nose is pointed halfway to the floor. Stay in that position for 30 seconds.

- Slowly sit up keeping your head turned to the right side. After sitting up, you can straighten your head, but keep your chin level.

- Rest for 15 minutes, then repeat the entire procedure once more. Keep your chin level for 1 hour.

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The Epley Maneuver for treating Benign Paroxysmal Positional Vertigo (BPPV) on the right side. (Reverse direction for left side)

If you are performing this exercise alone, place a towel roll behind you so that it is at shoulder blade level when you are lying down. This will lift your chest and allow your head to slightly tip back but remain supported by the bed. Begin in the sitting position with your legs stretched out in front of you. Turn your head 45° to the right. Lie down quickly.

Stay in each of the following positions until dizziness passes, plus 20-30 seconds. There can be a delay of several seconds before the dizziness begins.

This drawing is to orient you to the position of the head. The small bump on the drawing represents the nose.

Slowly turn your head 45° to the left. Wait 30 seconds.

Roll onto your left side with your nose pointed at a 45° angle towards the floor. Stay in that position for 30 seconds. Once you are finished, sit up slowly. Keep your head level for the next hour.