

The Epley manoeuvre

1 As Hallpike test. Head is turned 45° in the direction of the ear to be treated and the patient laid over the edge of the couch. Each head position should be maintained for 1 minute

2 The patient's head is turned in the opposite direction through 90°

3 The patient is asked to get on to their side and their head is turned through a further 90°

4 The patient is asked to sit up and put their chin on their chest