

I was diagnosed with Benign Positional Vertigo about 30 years ago, with symptoms before that. The Epley maneuver was done 2 or 3 times in the following years, which did help the dizziness, but it eventually returned. I've had ongoing problems when laying down and could not sleep on my right side.

The dizziness returned rather severely in January 2013. Dr. Sanders confirmed it was still benign positional vertigo. He did the Epley maneuver twice. He also prescribed therapy with Stephanie Ford. After several weeks of exercises, my symptoms are amazingly gone. I feel normal for the first time in many months.

Sue Hirschman