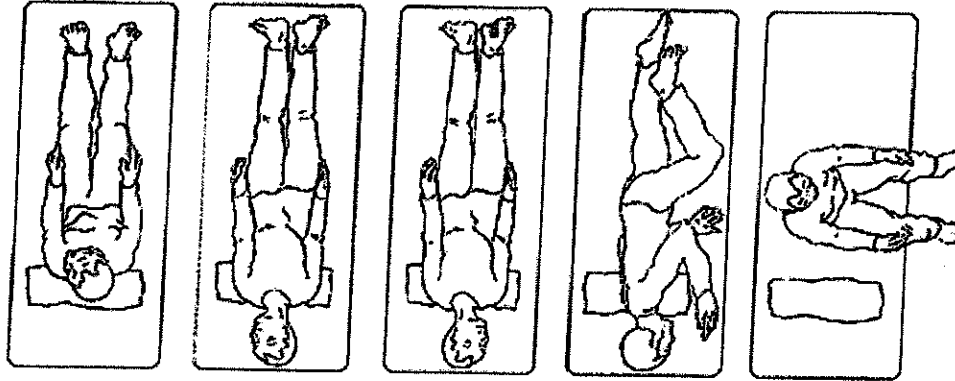


Modified Epley maneuver for self-treatment of benign positional vertigo (left)

This maneuver should be carried out three times a day. Repeat this daily until you are free from positional vertigo for 24 hours.



Start sitting on a bed and turn your head 45 degrees to the left. Place a pillow behind you so that on lying back it will be under your shoulders.



Lie back quickly with shoulders on the pillow and head reclined onto the bed. Wait for 30 seconds.



Turn your head 90 degrees to the right (without raising it) and wait again for 30 seconds.

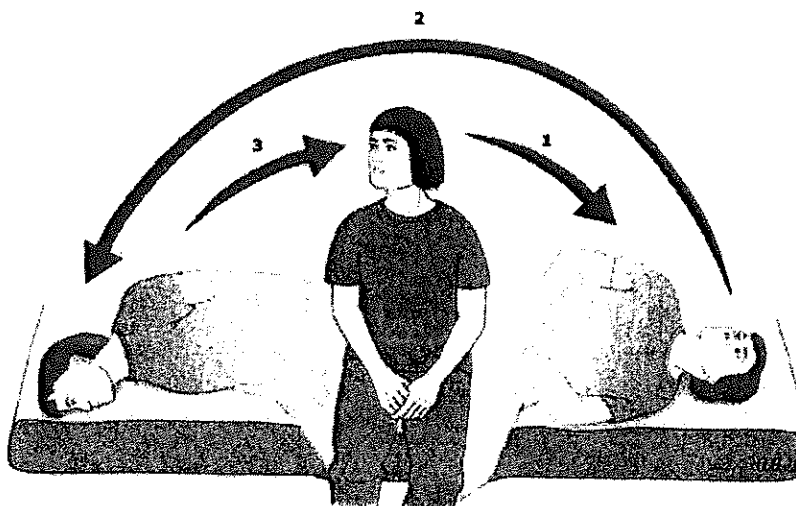


Turn your body and head another 90 degrees to the right and wait for another 30 seconds.

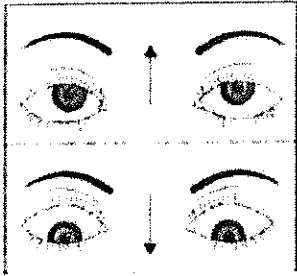
Sit up on the right side.

Modified Semont maneuver

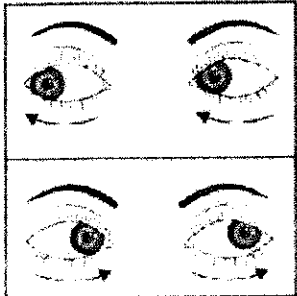
The modified Semont maneuver is illustrated for left posterior canalithiasis. The seated patient begins by turning the head 45° to the right. The patient then quickly drops the trunk to the left side (1) with the head turned 45° to the right. This position is held for at least 30 seconds or until any provoked vertigo subsides. The patient then quickly sits up and lies down on the right side without stopping in the upright position (2), all the while keeping the head turned 45° to the right so that the head now faces partly down into the bed. This position is held for 30 seconds or until vertigo subsides. Then patient returns to the upright position (3). This maneuver is repeated three times a day until the patient is asymptomatic. For right posterior canalithiasis, the maneuver must be performed in the opposite direction, starting with the head turned toward the left.



Exercises in bed



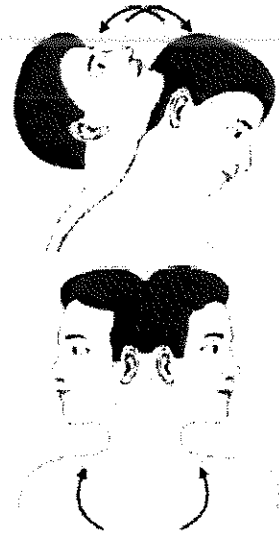
- Looking up and then down



- Looking alternately left and right



- Convergence exercises

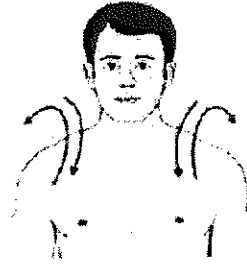


Head movements

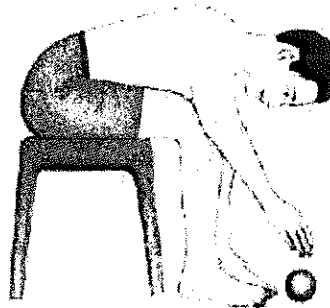
- Bending alternately forward and backward

- Turning alternately to left and then right

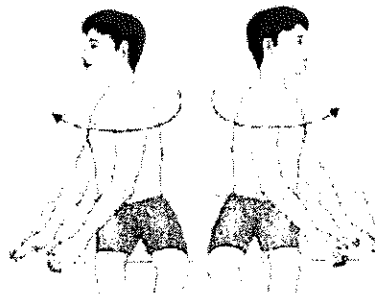
Exercises in sitting position



- Shrugging and rotating shoulders



- Bending forward and picking up objects



- Turning head and trunk alternately to the left and right