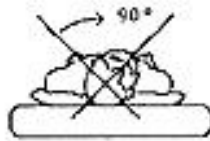
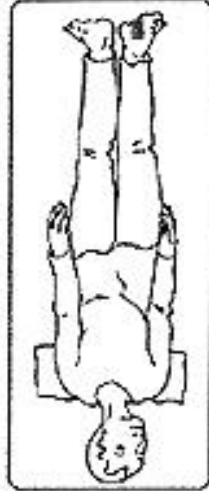


Self Treatment for Left BPPV – Epley Maneuver:

To be done only if you feel vertigo, not as a regular exercise



Sit on the bed. Place 1-2 pillows behind your back so that, when lying down, they will be under your shoulders. Turn your head 45 degrees to the left.

Lie back quickly with your shoulders on the pillows and your head on the other side of the pillows. Wait for spinning to stop. Then, stay there for 1 minute.

Turn your head 90 degrees to the right, keeping your head back and in contact with the bed. Stay there for 1 minute.

Roll your whole body to the right, so your nose is pointing at a 45 degree angle down towards the ground. Stay there for 1 minute.

Sit up on the right side, keeping your chin tucked as you sit up.

If you feel a spin when you sit up, repeat this maneuver again.

If you don't want to test for BPPV, you do not need to lie down quickly.

Remember, it's normal to feel a brief spin!