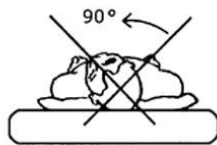
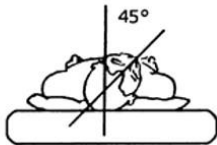
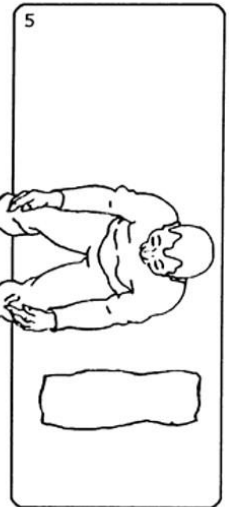
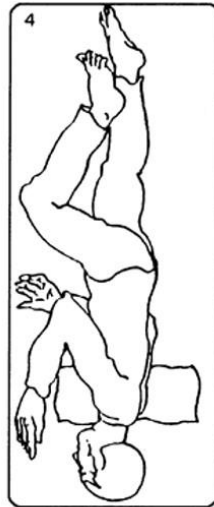
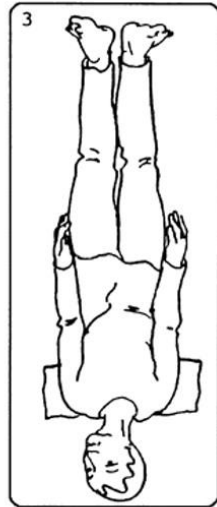
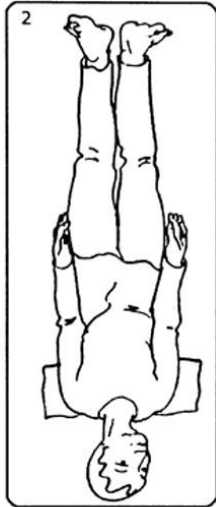
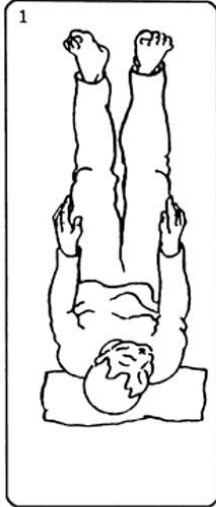


# Self Treatment for Right BPPV – Epley Maneuver:

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 right.

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

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

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

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

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

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

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