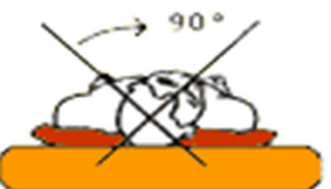
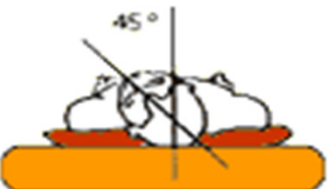


Self-Treatment of Left-Sided Benign Paroxysmal Positional Vertigo (BPPV)



Start sitting on a bed and turn your head 45 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 30 seconds.

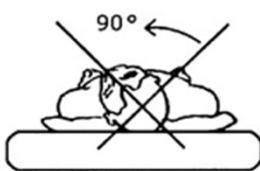
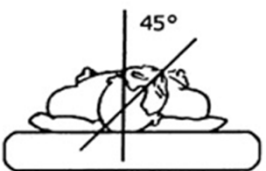
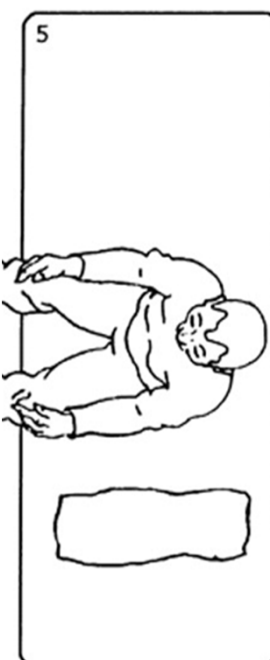
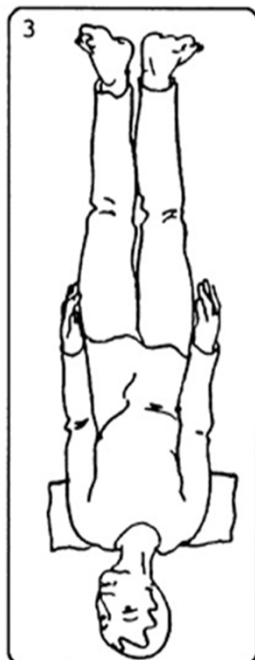
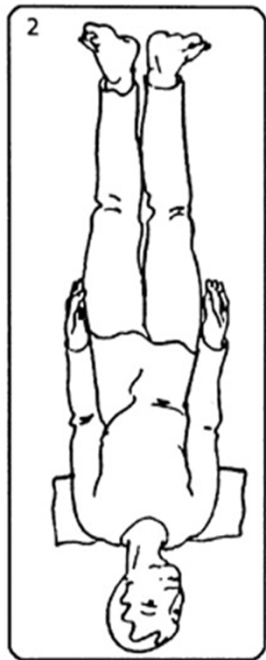
Turn your head 90* to the right (without Raising it) and wait again for 30 seconds

Turn your body and head Another 90* to The right and Wait for another 30 seconds.

Sit up on the right side.

This maneuver should be carried out once each day first thing in the morning. Repeat this daily until you are free from positional vertigo for 2 consecutive days.

Self-Treatment of Right-Sided Benign Paroxysmal Positional Vertigo (BPPV)



Start by sitting up on a bed with your legs out in front of you and your head turned toward your right. Place a pillow behind you so that on lying on your back it will be under your shoulders.

Keeping your head turned toward the right, lie back quickly onto the bed with shoulders on the pillow and head reclined onto the bed. Remain in this position for 30 seconds or until your symptoms stop.

Slowly turn your head toward the left side (without raising it off the bed) and remain in this position for 30 seconds.

Next, keep your head turned toward your left shoulder and roll over slowly onto your left side. Remain in this position for another **30 seconds**.

Keeping your head turned toward your left shoulder; slowly let your legs drop and sit up on the left side of the bed. Sit here for at least a minute to ensure your symptoms are stable.

This maneuver should be carried out once each day first thing in the morning. Repeat this daily until you are free from positional vertigo for 2 consecutive days.