

# Benign paroxysmal positioning vertigo (BPPV)

## Treatment of the right posterior semicircular canal (Sémont)

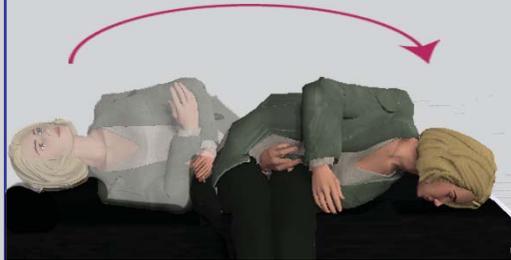
1.



2.



3.



4.



### Instructions for patients

*The exercises should be performed three times in a row, several times a day.*

Turn your head 45° to the left so that your chin is pointing towards your left shoulder.

Lie down quickly on your right side, making sure that your chin is still pointing towards your left shoulder.

Then, as quickly as possible, move your body to the left side without stopping in the middle, again ensuring that your chin remains pointing towards your left shoulder.

Slowly return to a sitting position and remain in this position

It's particularly helpful to do the exercises in the morning straight after you wake up. A "soft landing" reduces the efficacy of the manoeuvre. Therefore, there should be no pillow under your head when you lie down on your side.

You only need to do the exercises for as long as vertigo is triggered when you lie down on your side. The treatment can be ended when no dizziness is elicited by doing the manoeuvres the next day. After each positioning movement you should remain in the new position until any dizziness has subsided (about 2 minutes).

# Benign paroxysmal positioning vertigo (BPPV)

## Treatment of the left posterior semicircular canal (Sémont)

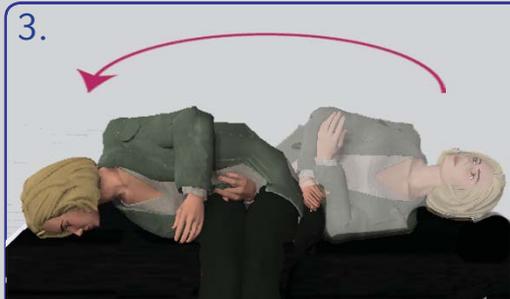
1.



2.



3.



4.



### Instructions for patients

*The exercises should be performed three times in a row, several times a day.*

Turn your head 45° to the right so that your chin is pointing towards your right shoulder.

Lie down quickly on your left side, making sure that your chin is still pointing towards your right shoulder.

Then, as quickly as possible, move your body to the right side without stopping in the middle, again ensuring that your chin remains pointing towards your right shoulder.

Slowly return to a sitting position and remain in this position

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