

LEFT EPLEY MANEUVER



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

Lie back keeping your head turned, so that your head is reclined onto the bed. Wait for dizziness to cease, then an another 60 sec

Turn your head 90 degrees to the right (without raising your head off the bed) and wait for 60 seconds

Turn onto your right side and tuck chin into chest. Wait for dizziness to cease, then an another 60 sec

Sit up with your chin tucked and wait 60 seconds. If you are still dizzy, try the maneuver again.