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Patient Information for the Gloucestershire
Health Community

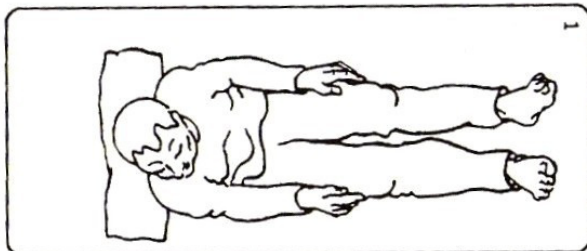
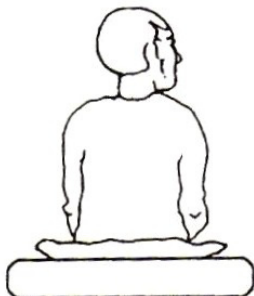
Self-Treatment Exercises for Benign Paroxysmal Positional Vertigo (BPPV)

This leaflet has been produced to guide you through a self-treatment exercise for Benign Paroxysmal Positional Vertigo (BPPV). Your physiotherapist will have shown you which way to turn your head when doing this exercise, to treat your specific problem and will have recorded either left or right on the instructions below. Generally, you should turn your head first to the side which produces the most symptoms.

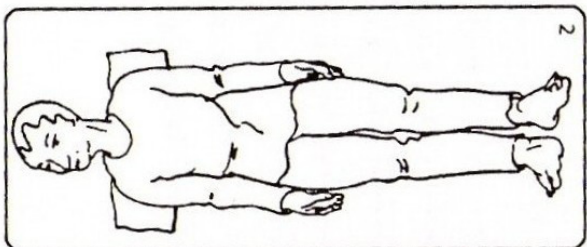
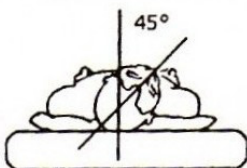
Self-Treatment Exercise Instructions

Use the numbered pictures to guide you, as you follow the instructions. NOTE: The pictures show a patient treating himself for a right sided problem.

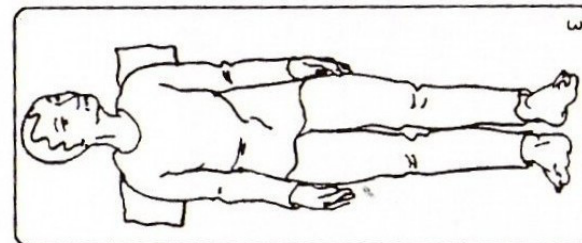
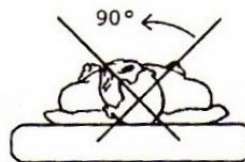
- 1) Start by sitting on a bed, place a pillow behind you so that on lying back it will be under your shoulders (see picture below). Turn your head 45 degrees to the left / right.



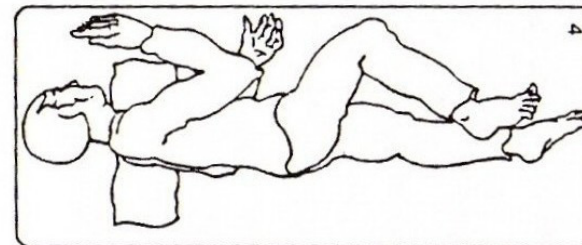
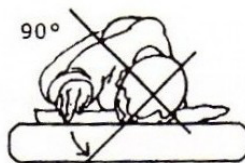
- 2) Lie back quickly with shoulders on the pillow, neck extended, and head resting on the bed. In this position the affected (left / right) ear is closest to the bed. Wait for 30 seconds.



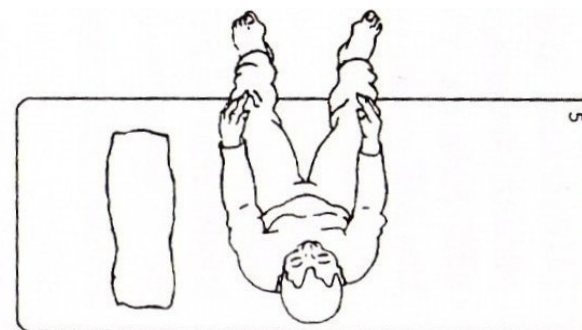
- 3) Turn your head 90 degrees to the left / right (without raising it) and wait again for 30 seconds.



- 4) Turn your body and head another 90 degrees (without raising it) to the left / right and wait for another 30 seconds.



- 5) Put your legs over the side of the bed and come up to a sitting position, with your feet on the floor.



This manoeuvre need only be performed once. If your symptoms return or do not fully resolve however, please repeat the manoeuvre. If despite this exercise, your symptoms fail to improve or worsen, please contact your physiotherapist: