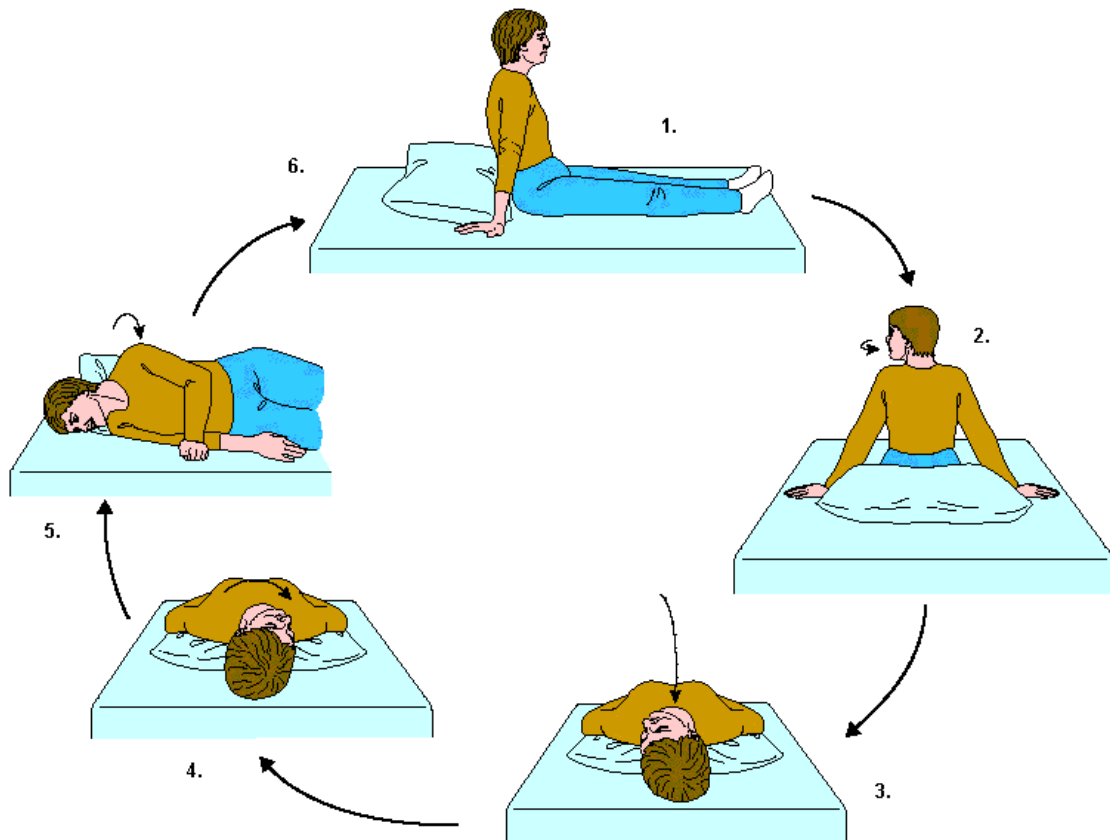


Repositioning Manoeuvre for Left BPPV



(c) Chicago Dizziness and Hearing, 2007

1. Sit with legs extended on bed.
2. Turn head 45 degrees to **left**.
3. Lie down with head hanging down 30 degrees (over pillow or over edge of bed). Head should still be turned 45 degrees to **left**. Stay in this position until the dizziness stops then remain for another 30 seconds.
4. Keep head tilted back and rotate head 90 degrees to the **right**. Stay in this position until the dizziness stops and another 30 seconds.
5. Roll onto your **right** side so that your head is pointed towards the floor. Stay in this position until the dizziness stops and another 30 seconds.
6. Slowly return to sitting position.

Keep head upright for the rest of the day. Sleep with an extra pillow and avoid lying on the **left** side overnight.