



EAR, NOSE, THROAT, AND SINUS CLINIC

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## **EXERCISES FOR BENIGN PAROXYSMAL POSITIONAL VERTIGO**

1. Sit on the edge of the bed with eyes \_\_\_\_\_ (open / closed).
2. Turn your head 45 degrees to the \_\_\_\_\_ (left/ right) and quickly lie down on your \_\_\_\_\_ (left/ right) side.
3. Wait at least 30 seconds to see if any symptoms occur. If so, wait until the symptoms subside plus an additional 30 seconds and then sit up quickly. Again, wait for the symptoms to occur and subside. Keep your head turned the entire time.
4. Repeat to the other side with your head turned to the (left/ right).
5. Wait at least 30 seconds to see if any symptoms occur. If so, wait until the symptoms subside plus an additional 30 seconds and then sit up quickly. Again, wait for the symptoms to occur and subside. Keep your head turned the entire time.
6. The entire sequence is repeated \_\_\_\_\_ times and is performed three times a day.
7. Continue to do the exercises until you have two days in a row in which you have no symptoms (vertigo or nausea) or for two weeks, whichever comes first.