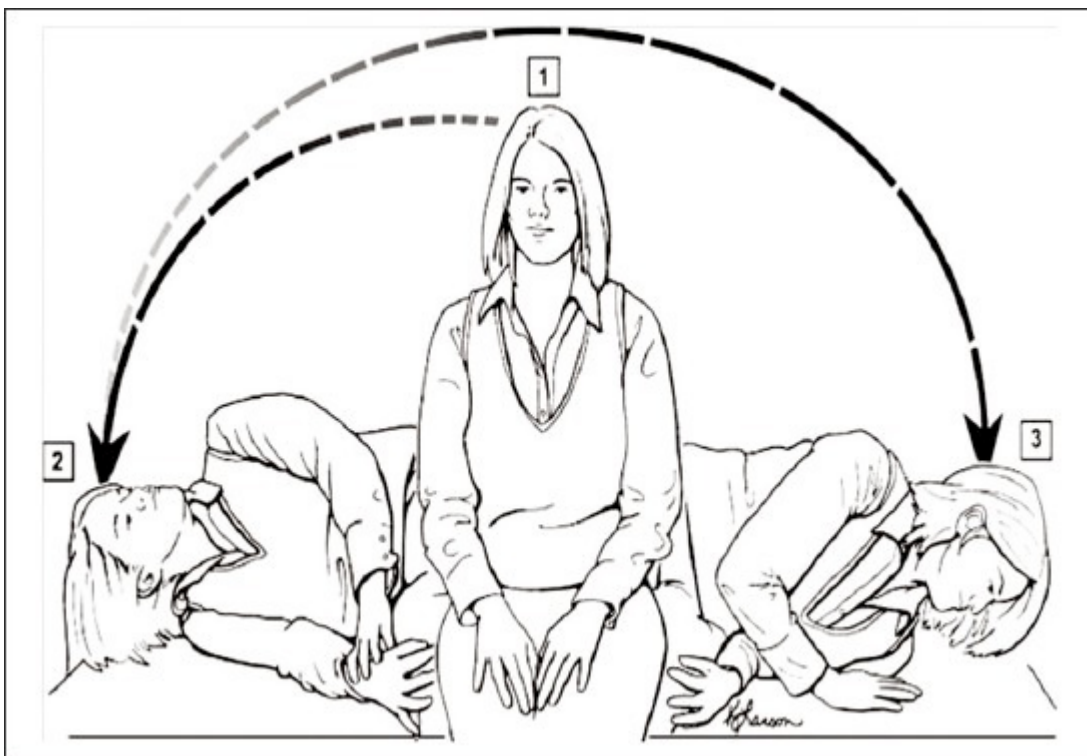


SEMONT EXERCISE

Home exercise for BPPV



1. Turn your head 45° away from the affected side.
2. Keeping your head turned, quickly lay on affected side and wait one minute.
3. Quickly move to the opposite sidelying (move in less than 1.5 seconds) without changing your head position and wait for one minute.
4. Slowly return to sitting with your head level.