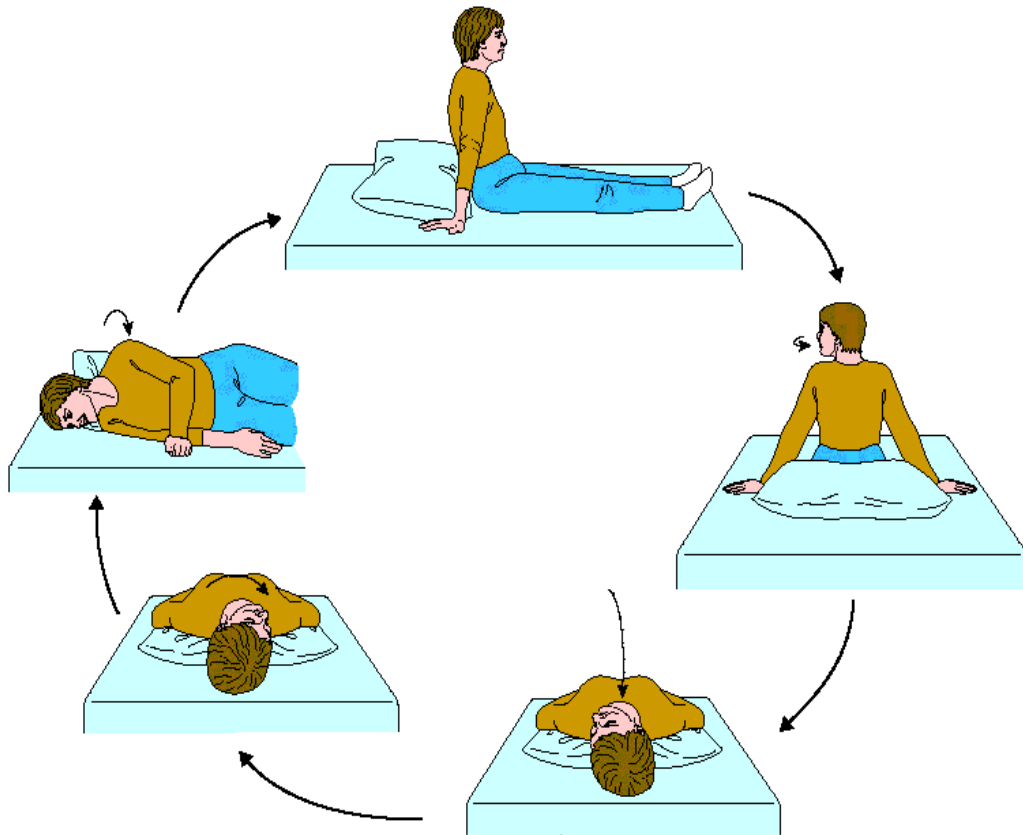


## Home Instructions for Vertigo

1. Avoid positions that provoke your symptoms (except for performing exercises, see below).
2. Sleep semi-recumbent the two nights after the in office treatment. Either in a recliner or with pillows behind your back, neck and head. You should be lying at a 45-degree angle.
3. Avoid positions that put your neck into extension (looking up). Examples are swimming, having hair washed at beauty parlor, dentist chair.
4. Perform the Epley Maneuver at home. This may provoke your symptoms so do this at night just before going to sleep.



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### **\*\*Start by turning your head to the side that provokes your symptoms\*\***

- A. Sit up looking forward in neutral position for 1 minute.
- B. Turn your head 45-degrees to the side that provokes your symptoms and hold for 1 minute. This will likely provoke your vertigo.
- C. Lie down with your neck still at a 45-degree angle toward the side that provokes your symptoms. Hold this for 30 seconds.
- D. Now turn your head to the opposite side and hold at a 45-degree angle for 30 seconds.
- E. Keeping your head at a 45-degree angle toward the same direction, roll onto your side. You will now be looking down toward the ground. Hold this for 30 seconds.
- F. After 30 seconds sit up back in the neutral position.