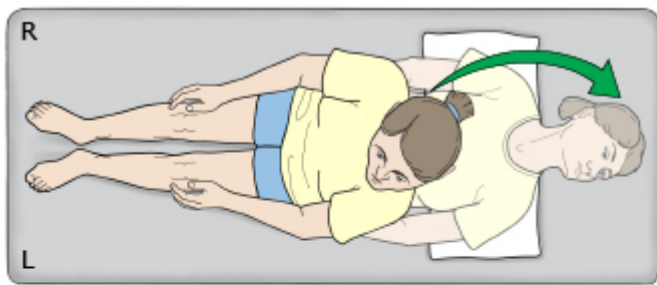


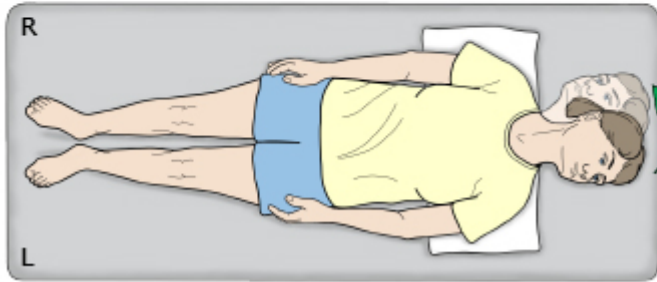
Modified Epley maneuver for self-treatment of benign positional vertigo (left)



Sit on the bed and turn your head 45° to the left.

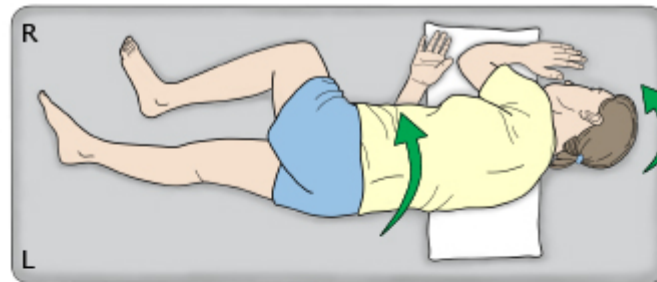
Lie back quickly with your shoulders on the pillow and your head on the bed.

Wait for 30 seconds.



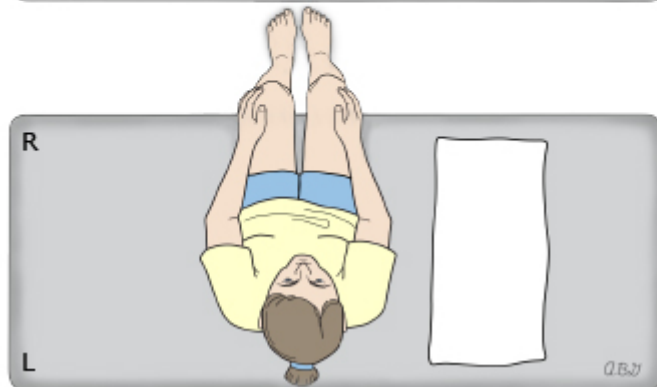
Turn your head 90° to the right without raising it.

Wait for 30 seconds.



Turn your body and head another 90° to the right.

Wait for 30 seconds.



Sit up on the right side of the bed.

This maneuver should be carried out three times a day. Repeat this daily until you are free from positional vertigo for 24 hours.

Modified from: Radtke A, Neuhauser H, von Brevern M, Lempert T. A modified Epley's procedure for self-treatment of benign paroxysmal positional vertigo. Neurology 1999; 53:1358.

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