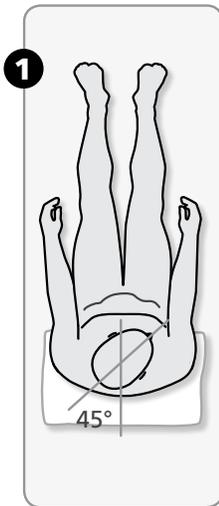


Self-treatment of BPPV

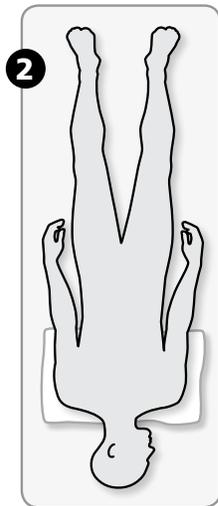
Instructions from your provider

Do the **BPPV self treatment** for your right/left ear (circle one). Do this _____ times every morning until you don't have any dizziness while doing the movement for 2 days in a row. If you are not better after _____ weeks, call your healthcare provider. **Only do this treatment when you have a responsible adult with you.**

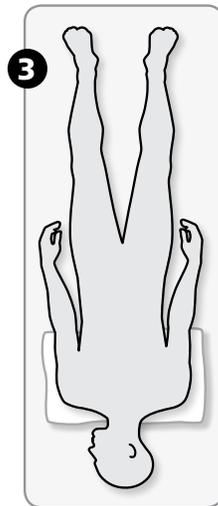
BPPV SELF TREATMENT — RIGHT EAR



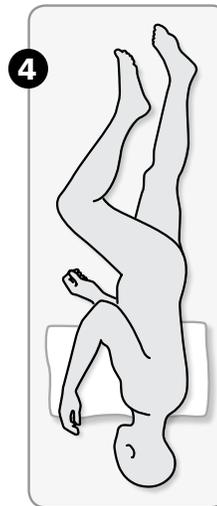
1 Sitting on a bed, **turn your head 45° to the right.** Place a pillow behind you so it will be under your shoulders when you lie back.



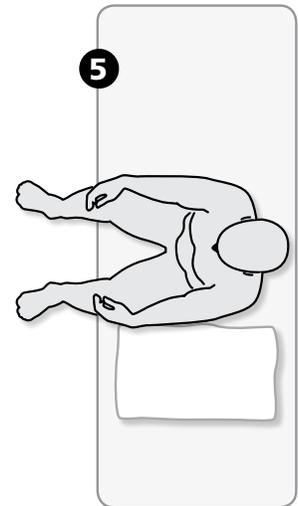
2 Keeping your head turned, lie back quickly with your shoulders on the pillow and your head tilted back onto the bed. Wait for 30 seconds.



3 Turn your head **90° to the left** (without raising it), and wait again for 30 seconds.

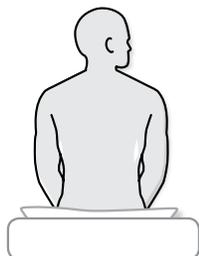


4 Turn your body and head another **90° to the left**, and wait for another 30 seconds.

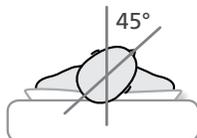


5 While lying on your **left side**, move your legs over the edge of the bed. Keep your head turned to the left, and **sit up**. Once sitting, slowly turn your head to the center.

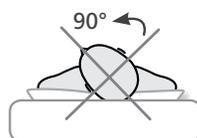
Head-level view



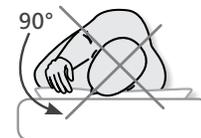
Sitting on a bed, **turn your head 45° to the right.** Place a pillow behind you so it will be under your shoulders when you lie back.



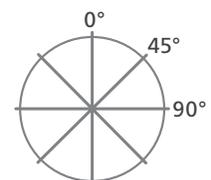
Keeping your head turned, lie back quickly with your shoulders on the pillow and your head tilted back onto the bed. Wait for 30 seconds.



Turn your head **90° to the left** (without raising it), and wait again for 30 seconds.

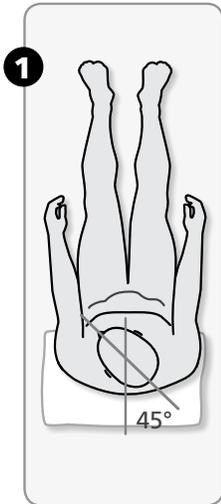


Turn your body and head another **90° to the left**, and wait for another 30 seconds.

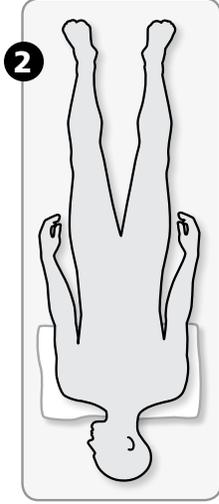


Adapted from Andrea Radtke, Hannelore Neuhauser, Michael von Brevern, Thomas Lempert
Neurologische Klinik, Charité Berlin, Germany, 1991

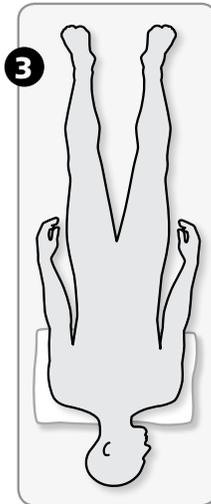
BPPV SELF TREATMENT — LEFT EAR



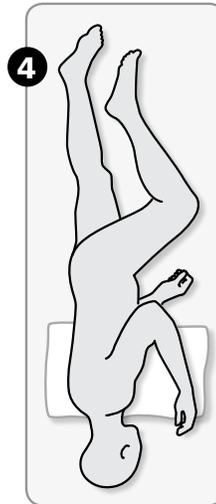
1 Sitting on a bed, **turn your head 45° to the left**. Place a pillow behind you so it will be under your shoulders when you lie back.



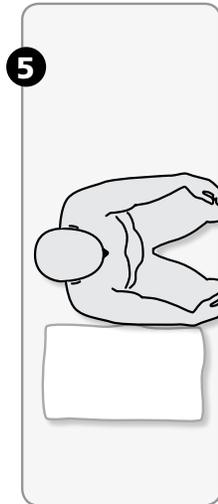
2 Keeping your head turned, lie back quickly with your shoulders on the pillow and your head tilted back onto the bed. Wait for 30 seconds.



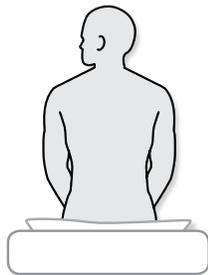
3 Turn your head **90° to the right** (without raising it), and wait again for 30 seconds.



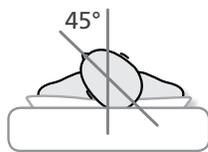
4 Turn your body and head **another 90° to the right**, and wait for another 30 seconds.



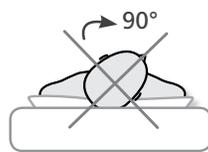
5 While lying on your right side, move your legs over the edge of the bed. Keep your head turned to the right, and **sit up**. Once sitting, slowly turn your head to the center.



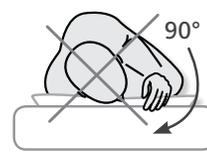
Sitting on a bed, **turn your head 45° to the left**. Place a pillow behind you so it will be under your shoulders when you lie back.



2 Keeping your head turned, lie back quickly with your shoulders on the pillow and your head tilted back onto the bed. Wait for 30 seconds.

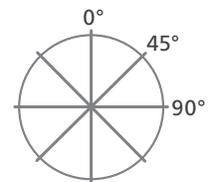


3 Turn your head **90° to the right** (without raising it), and wait again for 30 seconds.



4 Turn your body and head **another 90° to the right**, and wait for another 30 seconds.

Head-level view



Adapted from Andrea Radtke, Hannelore Neuhauser, Michael von Brevern, Thomas Lempert
Neurologische Klinik, Charité Berlin, Germany, 1991