
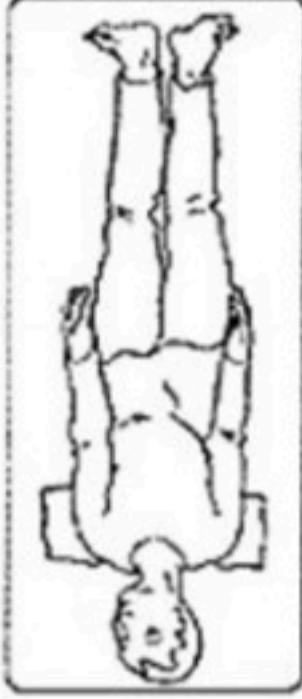
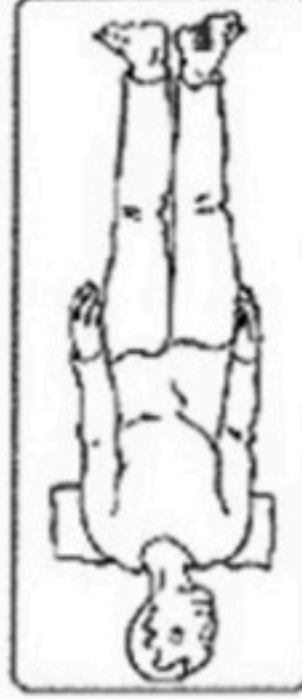






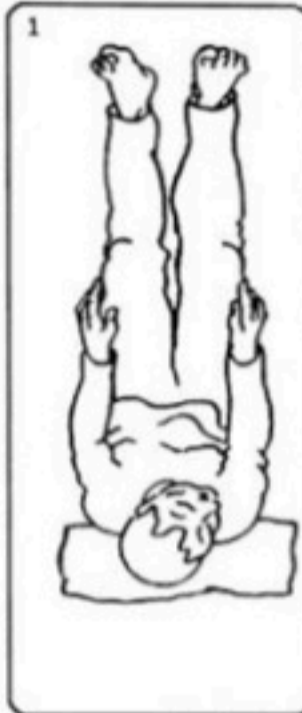
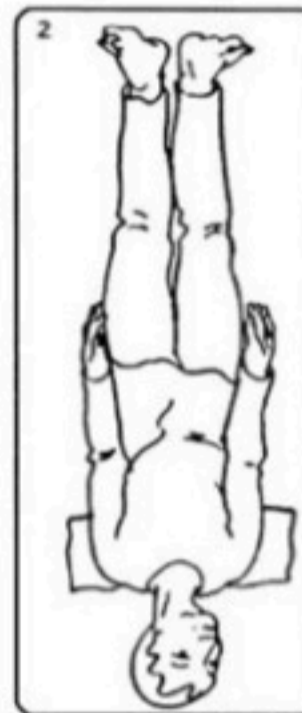
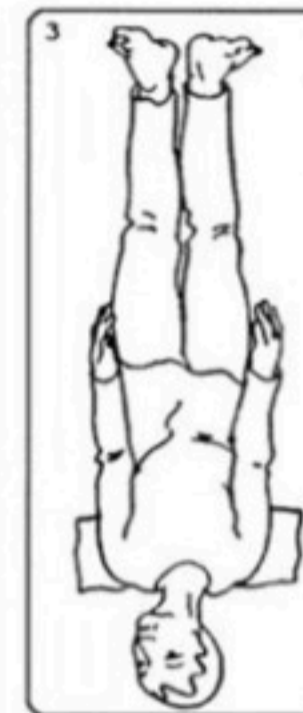
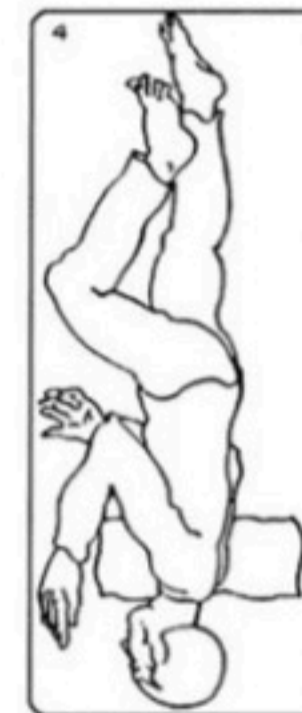



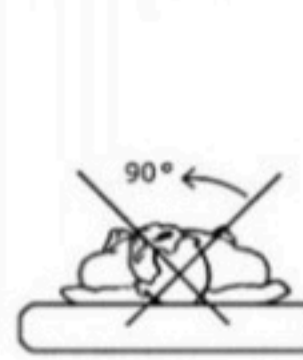



LEFT EPLEY MANEUVER

				
				
Sitting on a bed, turn your head 45 degrees to the left. Place a pillow behind you so that when lying back, it will be under your shoulders	Lie back keeping your head turned, so that your head is reclined onto the bed. Wait for dizziness to cease, then an another 30 sec	Turn your head 90 degrees to the right (without raising your head off the bed) and wait for 30 seconds	Turn onto your right side and tuck chin into chest. Wait for dizziness to cease, then an another 30 sec	Sit up with your chin tucked and wait 30 seconds. If you are still dizzy, try the maneuver again.

RIGHT EPLEY MANEUVER

				
				
Sitting on a bed, turn your head 45 degrees to the right. Place a pillow behind you so that lying back, it will be under your shoulders	Lie back keeping your head turned, so that your head is reclined onto the bed. Wait for dizziness to cease, then an another 30 sec	Turn your head 90 degrees to the left (without raising your head off the bed) and wait again for 30 seconds	Turn onto your left side and tuck chin into chest. Wait for dizziness to cease, then an another 30 sec	Sit up with your chin tucked and wait 30 seconds. If you are still dizzy, try the maneuver again.