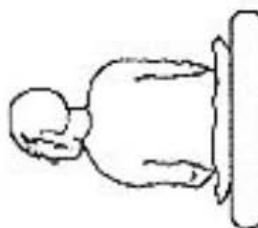
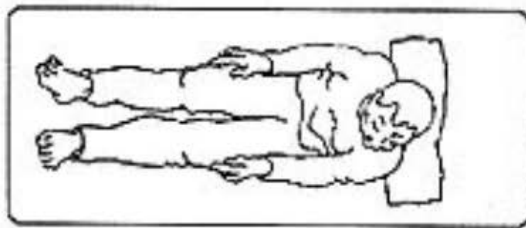
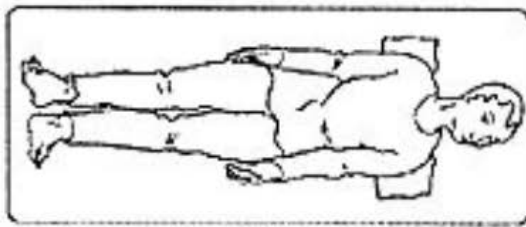
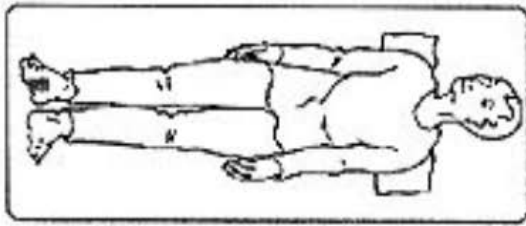
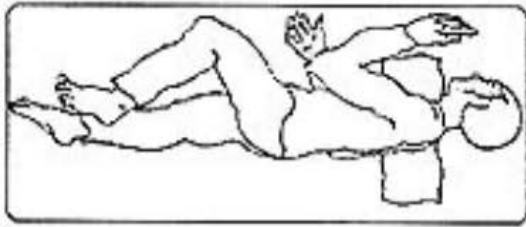
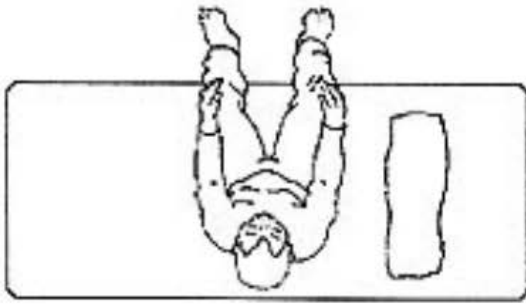
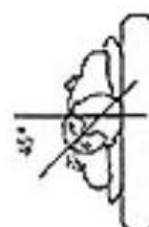


Modified Epley manoeuvre for self-treatment of benign positional vertigo (left)



Start sitting on a bed and turn your head 45 degrees to the left. Place a pillow behind you so that on lying back it will be under your shoulders.



Lie back quickly with shoulders on the pillow and head reclined onto the bed. Wait for 30 seconds.



Turn your head 90 degrees to the right (without raising it) and wait again for 30 seconds.



Turn your body and head another 90 degrees to the right and wait for another 30 seconds.

Sit up on the right side.