



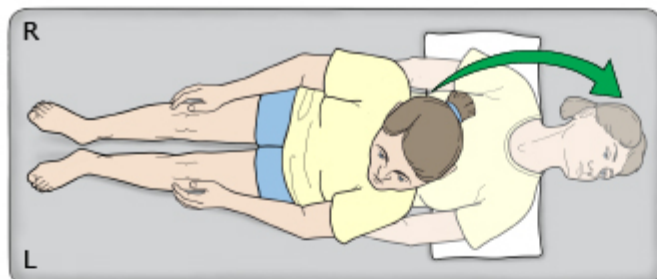
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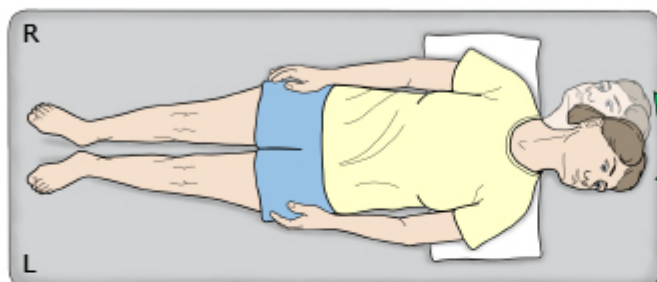
Modified Epley maneuver for self-treatment of benign positional vertigo (left)



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

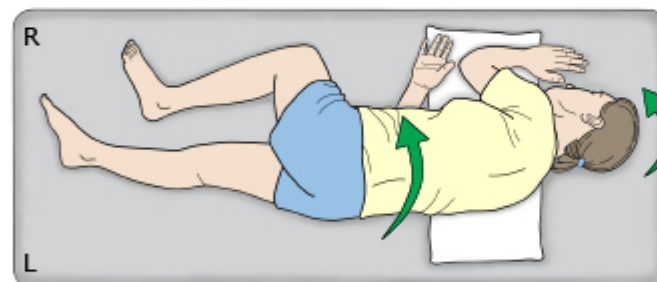
Lie back quickly with your shoulders on the pillow and your head on the bed.

Wait for 30 seconds.



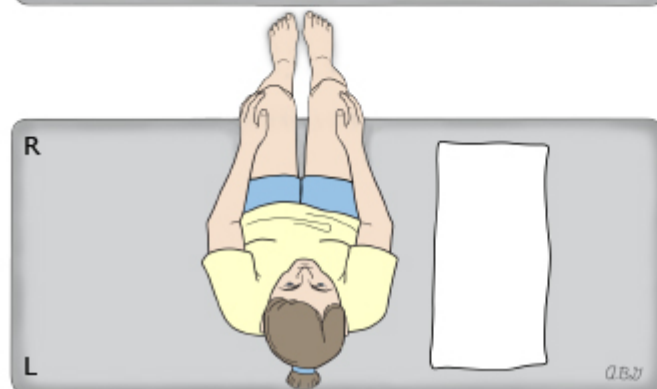
Turn your head 90° to the right without raising it.

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.

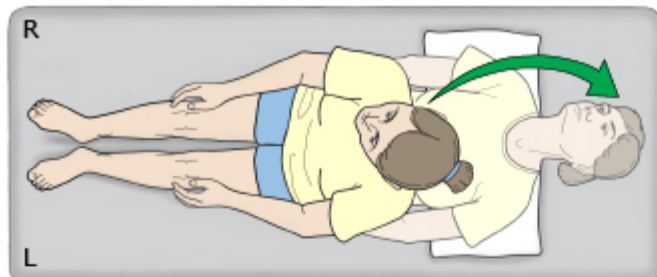


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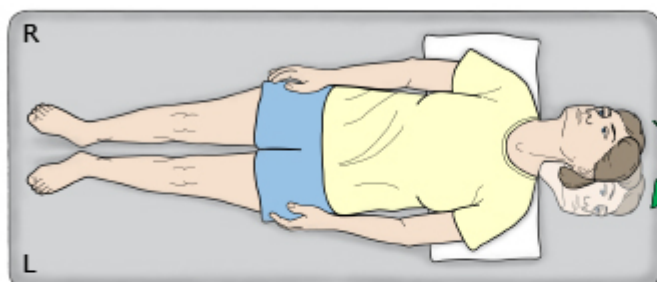
Modified Epley maneuver for self-treatment of benign positional vertigo (right)



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

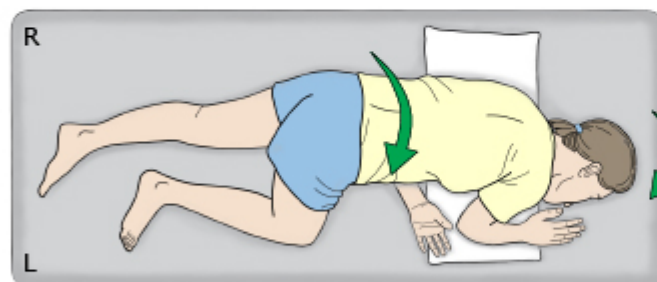
Lie back quickly with your shoulders on the pillow and your head on the bed.

Wait for 30 seconds.



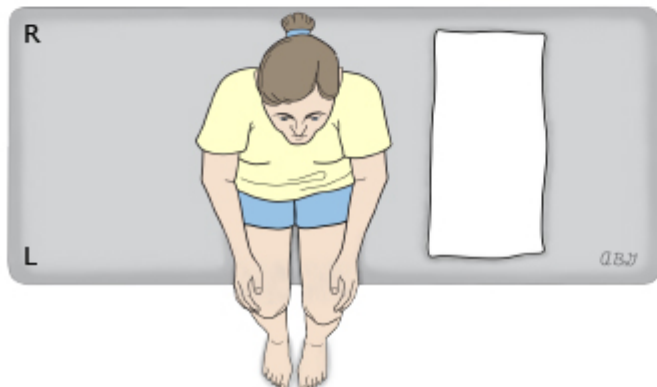
Turn your head 90° to the left without raising it.

Wait for 30 seconds.



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

Wait for 30 seconds.



Sit up on the left 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.