

Patient instructions for Half somersault

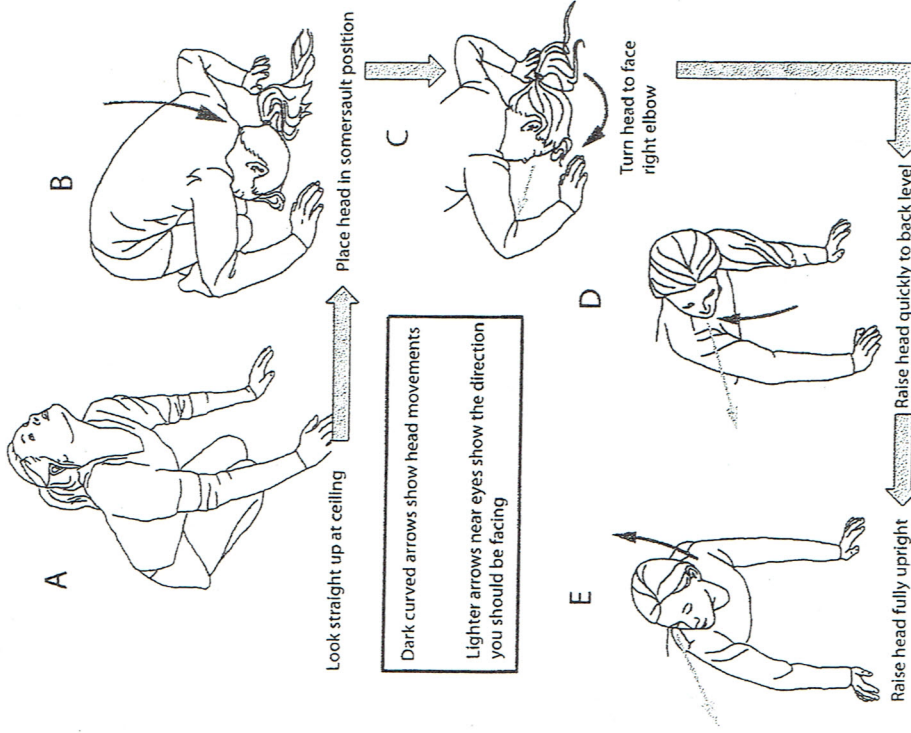
Instructions for Half Somersault for right-sided BPPV

- A.** Kneel on the floor or in the middle of a large bed. Tip your head straight upward quickly until you are looking straight up at the ceiling. This may cause dizziness briefly.
- B.** Next place your head on the floor upside down, as if you are about to do a somersault. Tuck the chin so that your head touches the floor near the back of the head rather than near the forehead. This position may cause a burst of vertigo. Without moving, wait until any vertigo ends. The vertigo means the particles are moving in the proper direction. Tapping firmly on the skull with your fingertips just behind the right ear can help move the particles along.
- C.** Slowly turn your head to face your right elbow. Try to center the right elbow in your field of view. You will keep your head turned to the right through the rest of the maneuver. Again, wait for any vertigo to end before moving to the next step.
- D.** Keeping your head turned to the right and viewing your right elbow, QUICKLY raise your head to shoulder level. Your head should be positioned at about a 45° angle to the floor throughout this move. Vertigo is normal during this part of the procedure. Wait for the vertigo to end or count to 15 before continuing.
- E.** Raise your head to the upright position QUICKLY, keeping it about halfway turned toward the right shoulder. Some additional vertigo may occur. After the vertigo subsides, slowly sit upright.

Rest for 15 minutes. After the rest, quickly tip your head up and down. If no dizziness occurs, do not repeat the maneuver. If you still feel some dizziness when making that movement, repeat the maneuver. You may also repeat the maneuver if you have another vertigo spell in the future.

Additional instructions:

- Always wait at least 15 minutes between maneuvers to allow particles to settle.
- Sleep propped up on 2 or 3 pillows for two nights following the maneuver.
- Sleep only on your left side for a week after the maneuver (put a pillow behind you to keep you from rolling over in the night).



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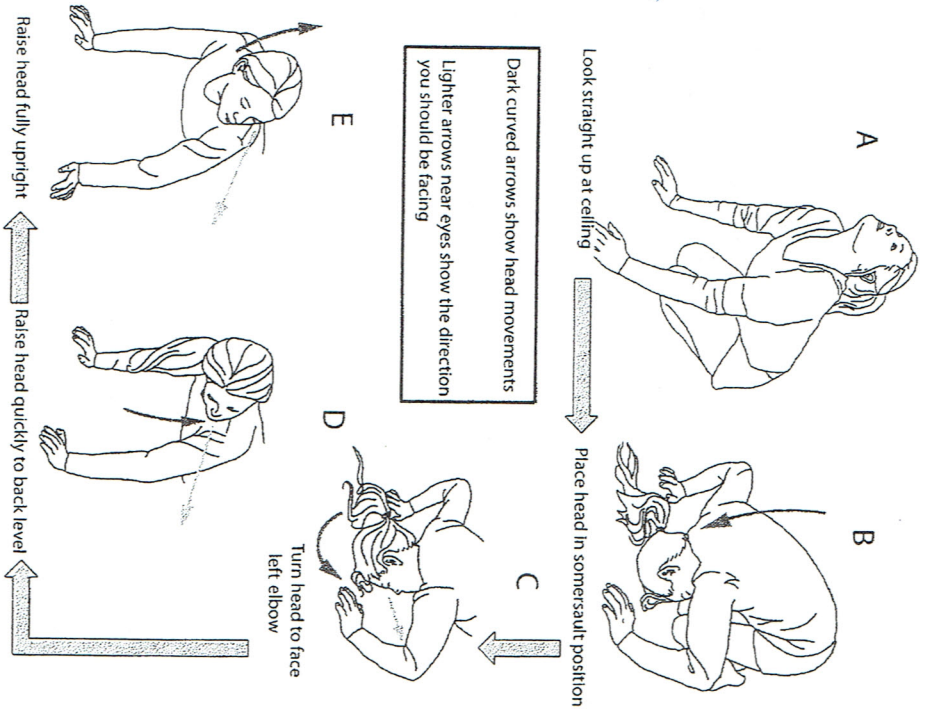
Instructions for Half Somersault for left-sided BPPV

- A.** Kneel on the floor or in the middle of a large bed. Tip your head straight upward quickly until you are looking straight up at the ceiling. This may cause dizziness briefly.
- B.** Next place your head on the floor upside down, as if you are about to do a somersault. Tuck the chin so that your head touches the floor near the back of the head rather than near the forehead. This position may cause a burst of vertigo. Without moving, wait until any vertigo ends. The vertigo means the particles are moving in the proper direction. Tapping firmly on the skull with your fingertips just behind the left ear can help move the particles along.
- C.** Slowly turn your head to face your left elbow. Try to center the left elbow in your field of view. You will keep your head turned to the left through the rest of the maneuver. Again, wait for any vertigo to end before moving to the next step.
- D.** Keeping your head turned to the left and viewing your left elbow, QUICKLY raise your head to shoulder level. Your head should be positioned at about a 45° angle to the floor throughout this move. Vertigo is normal during this part of the procedure. Wait for the vertigo to end or count to 15 before continuing.
- E.** Raise your head to the upright position QUICKLY, keeping it about halfway turned toward the left shoulder. Some additional vertigo may occur. After the vertigo subsides, slowly sit upright.

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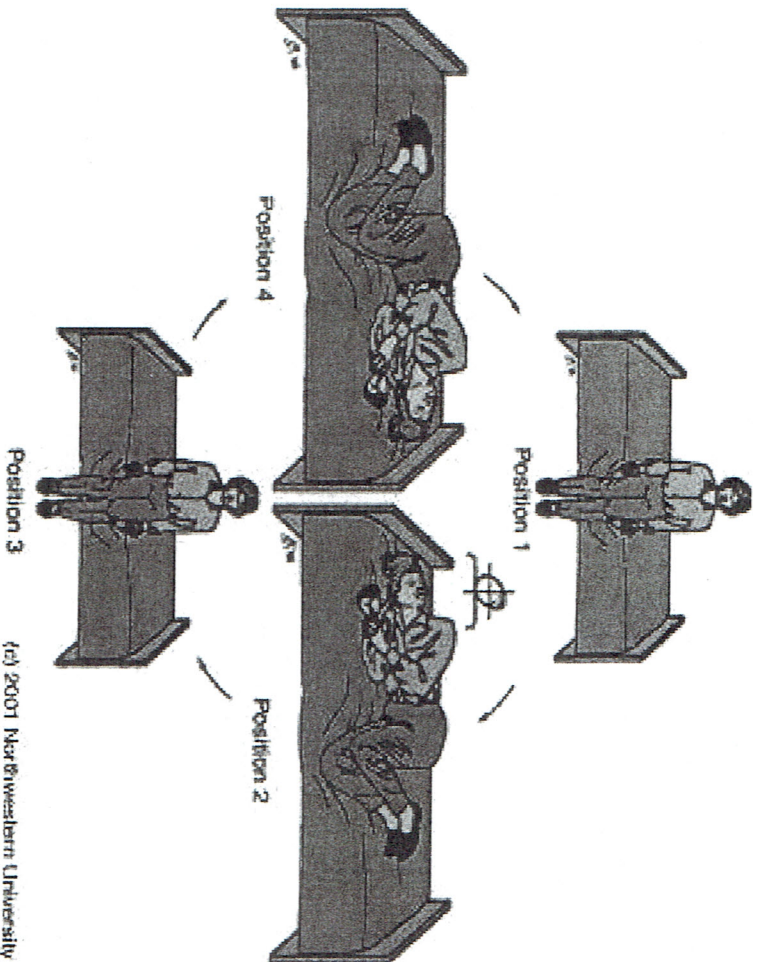
Additional instructions:

- Always wait at least 15 minutes between maneuvers to allow particles to settle.
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Brandt & Daroff Exercises Patient handout



Position 1

Position 2

Position 3

Position 4

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- Begin by sitting upright on bed (**position 1**)
- Lie down onto side. Take no more than 1-2 seconds to do this
- Keep head looking up at 45 degree angle. Imagine someone standing about six feet in front of you, and keep looking at the person's head at all times (**position 2**)
- Remain on this side for thirty seconds, or until dizziness subsides.
- Return to an upright position and wait for thirty seconds (**position 3**)
- Now lie down onto the other side. Again, it should take one or two seconds to get into position
- Keep the head at a 45 degree angle (**position 4**)
- Stay down for another thirty seconds, or until vertigo subsides
- Return to an upright position and wait for another thirty seconds.

This is one cycle

Repeat cycle 5 times to make one set.

Repeat 3 sets per day for 14 days.