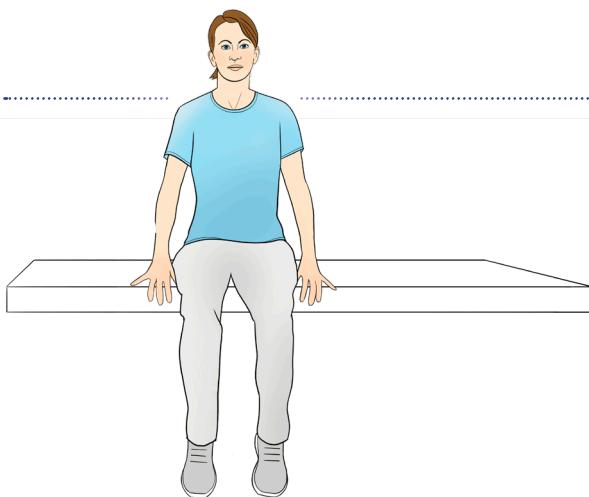
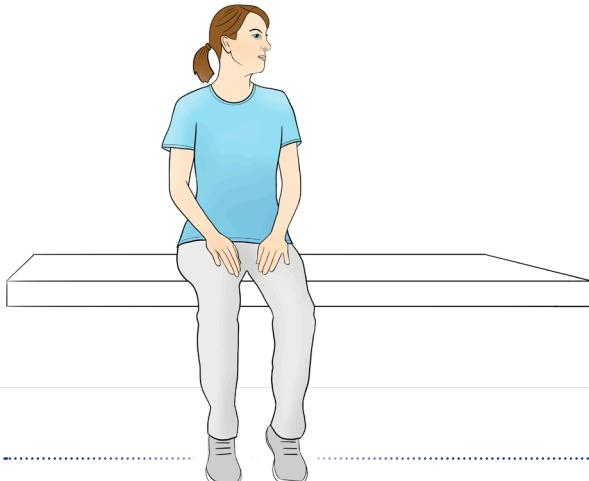


SEMONT MANEUVER | RIGHT EAR



Starting Position

Start by sitting on the edge of a bed. Turn your head about 45 degrees to the **left**.

Step 1

Keeping your head turned to the left, quickly and briskly lie down onto your **right side**. You should be looking up at the ceiling, lying on your right shoulder and hip. This position may cause dizziness.

You should remain in the side lying position until your symptoms resolve. If there are no symptoms, wait 1 minute.

- Tip: You can bring your feet up onto the bed for comfort while waiting in this position.

Step 2

In one smooth movement, drop your feet off the bed and quickly sit up without moving your head (keep it turned 45 degrees to the left). Without stopping in the upright position, continue to transition to lying down onto the **left side**. Your eyes and nose should now be looking/pointing down towards the floor/mattress. Rest your forehead on the bed with your chin tucked toward your chest.

This position may cause the onset of vertigo. Again, remain in the left side lying position until the vertigo passes, or until at least 1 minute has passed.

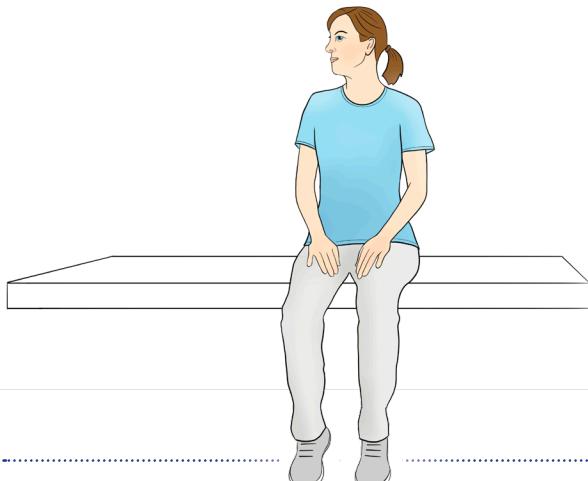
- Tip: You can bring your feet up onto the bed for comfort while waiting in this position.

Step 3

After waiting at least 1 minute lying on your left side with your nose down, drop your feet off of the bed and slowly return to sitting on the side of the bed, bringing your head gently to the center. Sit on the side of the bed until any symptoms resolve.



SEMONT MANEUVER | LEFT EAR



Starting Position

Start by sitting on the edge of a bed. Turn your head about 45 degrees to the **right**.



Step 1

Keeping your head turned to the right, quickly and briskly lie down on your **left side**. You should be looking up at the ceiling, lying on your right shoulder and hip. This position may cause dizziness.

You should remain in the side lying position until your symptoms resolve. If there are no symptoms, wait 1 minute.

- Tip: You can bring your feet up onto the bed for comfort while waiting in this position.

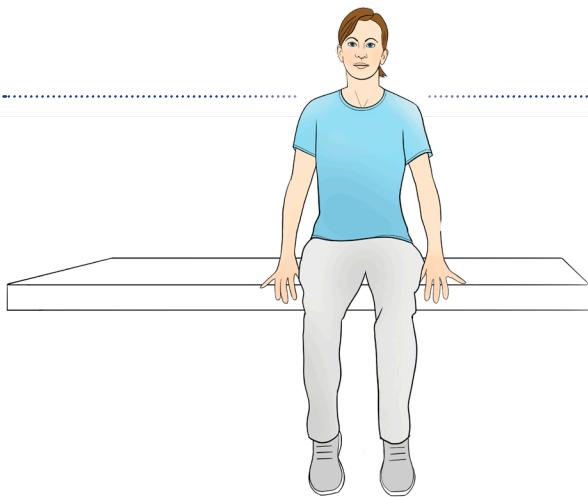


Step 2

In one smooth movement, drop your feet off the bed and quickly sit up without moving your head (keep it turned 45 degrees to the right). Without stopping in the upright position, continue to transition to lying down onto the **right side**. Your eyes and nose should now be looking/pointing down towards the floor/mattress. Rest your forehead on the bed with your chin tucked toward your chest.

This position may cause the onset of vertigo. Again, remain in the left side lying position until the vertigo passes, or until at least 1 minute has passed.

- Tip: You can bring your feet up onto the bed for comfort while waiting in this position.



Step 3

After waiting at least 1 minute lying on your right side with your nose down, drop your feet off of the bed and slowly return to sitting on the side of the bed, bringing your head gently to the center. Sit on the side of the bed until any symptoms resolve.

