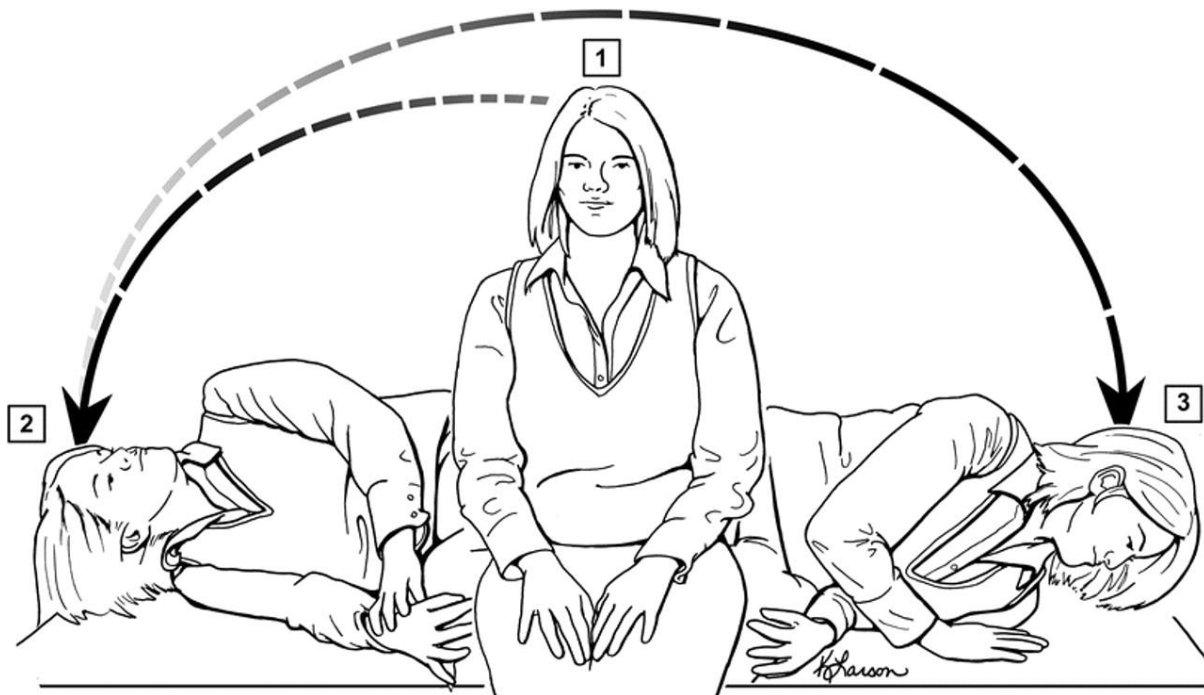


Semont Manoeuvre

This is an exercise used to treat BPPV (Benign Paroximal-Positional Vertigo).



1. Sit straight and turn your head at an angle of 45° horizontally towards the unaffected ear.
2. Tilt your head up at an angle of 100° so that you are lying on the side of the affected ear with your head hanging back slightly and facing upwards. Remain in this position for around 3 - 5 minutes, this allows the debris (inner ear crystals) to move to the apex of the ear canal.
3. Keeping your head in the same position, lie on the side of the unaffected ear with your nose pointed to the ground. Remain in this position for 3 - 5 minutes, allowing the debris to move towards the exit of the ear canal.
4. Finally move back to your initial sitting position and relax.

References

<http://www.neurology.org/content/70/22/2067/F3.large.jpg> [online 11/06/2014]

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For further general health-related information, please ask the relevant department for an Information Prescription or contact:

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If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Information Team confidentially: phone 01202 448003, write to the Health Information Centre (address above), or email patient.information@poole.nhs.uk.