



Dizziness exercises

N.B: Please note that depending on the cause of *your* dizziness, this exercise may or may not help you. They are intended as a guide *after* seeing a trained professional at Lakeside Chiropractic or elsewhere.

Epley maneuver (home)

- Sit upright on a bed.
- Note that it is normal to feel dizziness symptoms during each of the following steps. The end result should lead to a decrease in dizziness intensity and frequency.
- Turn your head 90 degrees to the affected dizzy side (if you are unsure, ask your doctor): the image shown has a patient with an affected **left** side. Do the opposite sides if your **right** is affected. Hold for 60 seconds.
- Fall to the bed and hold your head to the left for 30 seconds.
- Turn your head 90 degrees to the right for 30 seconds.
- Roll onto your right shoulder, turning your head a further 90 degrees: you will now be looking diagonally downwards. Hold for 30 seconds.
- Slowly reposition yourself upwards so that you are seated again. Turn back to face forwards.
- Repeat the above steps 2-3 times every night before sleep.

