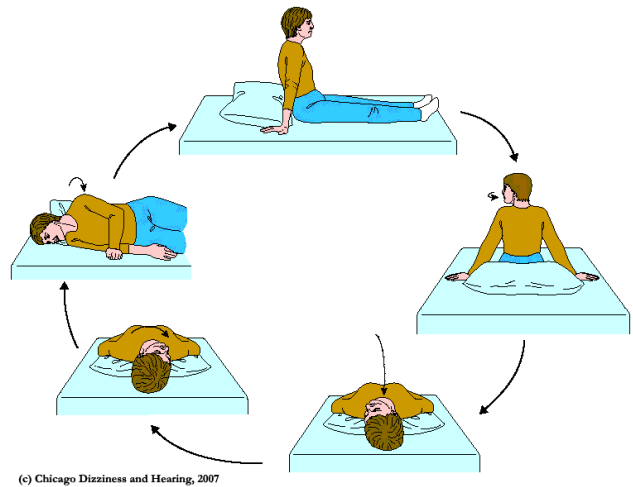


# Dizziness exercises

**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.



Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.