



SOUTHWEST OHIO

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Semont Exercise Therapy for Positional Vertigo

Do 10 – 20 repetitions 2 times daily

- Begin in the upright seated position on couch or bed
- Lean rapidly to one side, placing your head on couch or bed
- Remain in laying position until vertigo symptoms subside
- Return to seated upright position
- Remain in upright position until vertigo symptoms subside
- Repeat this maneuver towards both sides, completing one full repetition

Head & Neck Surgery • Ear, Nose, Throat & Sinus Surgery • Pediatric ENT • Voice Analysis & Rehabilitation

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