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