

## Left Canalith Repositioning Procedure

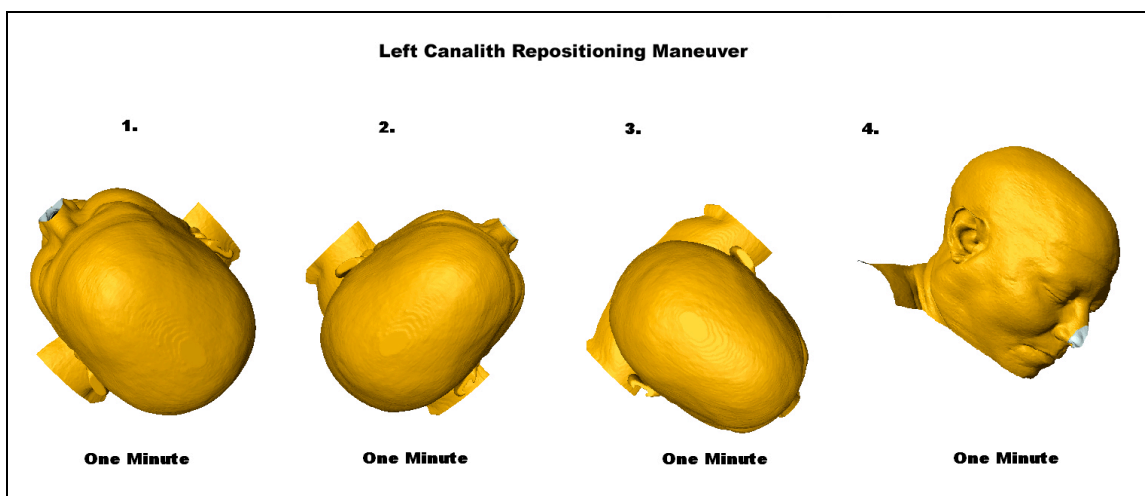
In order to prevent your recurrent BPPV, we have recommended this home procedure. We recommend that you do it when you wake up in the morning.

When you do wake up, remove your pillow and lie with your head flat on the bed in position 1.

After one minute, turn your head to move to position 2.

After one minute, roll onto your right shoulder and point your head towards the floor as in position 3.

After one minute, sit upright and tuck your chin, as shown in position 4. Remain in this position for one minute before rising.



Perform this once daily and mark this table with an "L" every time you do it. Continue until your follow-up visit.

<b>Day</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>Done</b>														