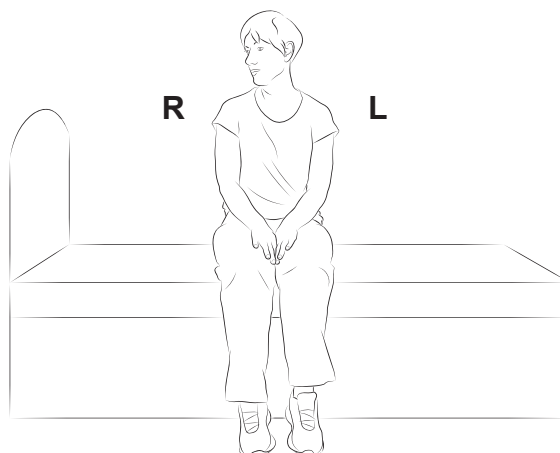


Left Semont Exercise

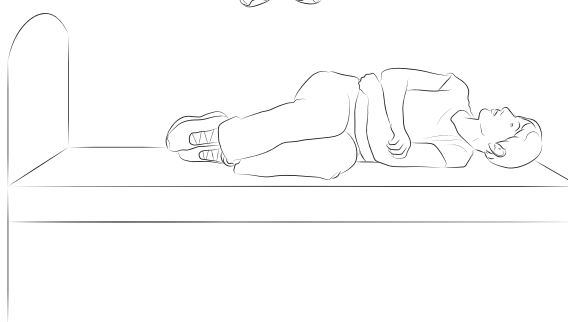
Information and exercise guide for patients

Audiology service

- 1** Sitting in the middle of your bed, turn your head to the right

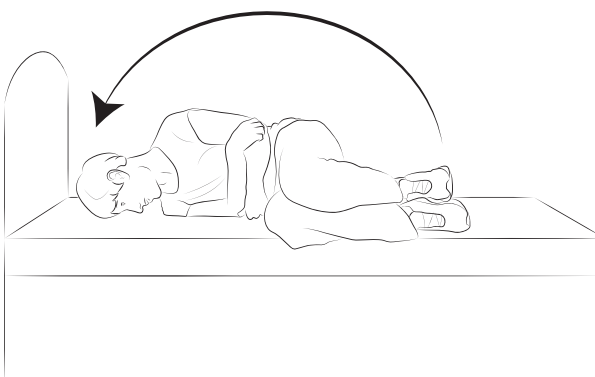


- 2** Lie down quickly on your left side (keep your head turned right), wait at least 1 minute



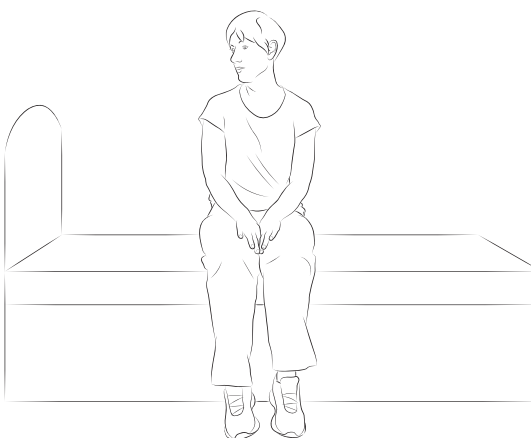
Hold
1 minute

- 3** Make one big, quick movement, ending up lying on your right side (your head should still be turned to the right), wait at least 1 minute



Hold
1 minute

- 4** Gently come back to sitting position, keeping your head turned right



After the exercise, for the next 30 minutes

No Driving



No Bending



No Looking Up



No Lying Down

