

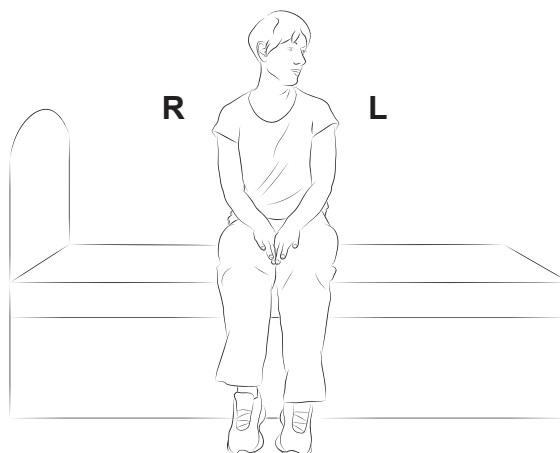
Right Semont Exercise

Information and exercise guide for patients

Audiology service

1

Sitting in the middle of your bed, turn your head to the left



2

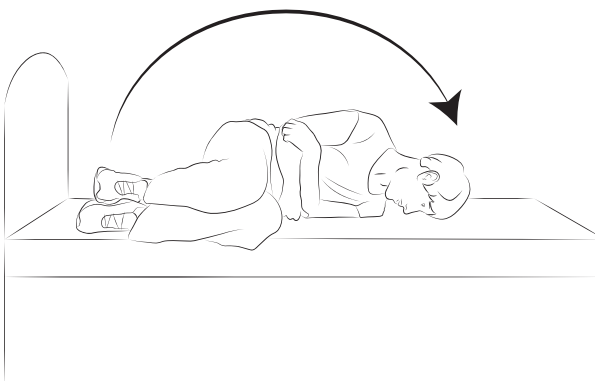
Lie down quickly on your right side (keep your head turned left), wait at least 1 minute



Hold
1 minute

3

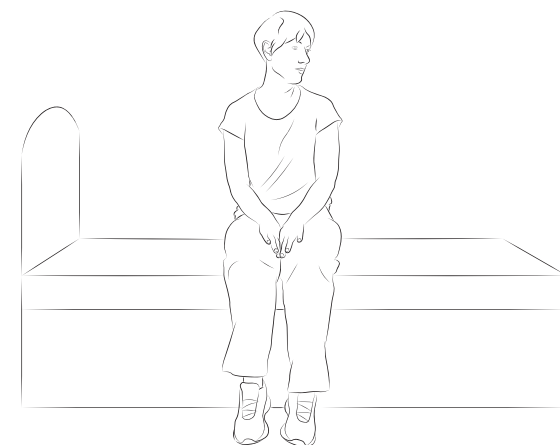
Make one big, quick movement, ending up lying on your left side (your head should still be turned to the left), wait at least 1 minute



Hold
1 minute

4

Gently come back to sitting position, keeping your head turned left



After the exercise, for the next 30 minutes

No Driving



No Bending



No Looking Up



No Lying Down

