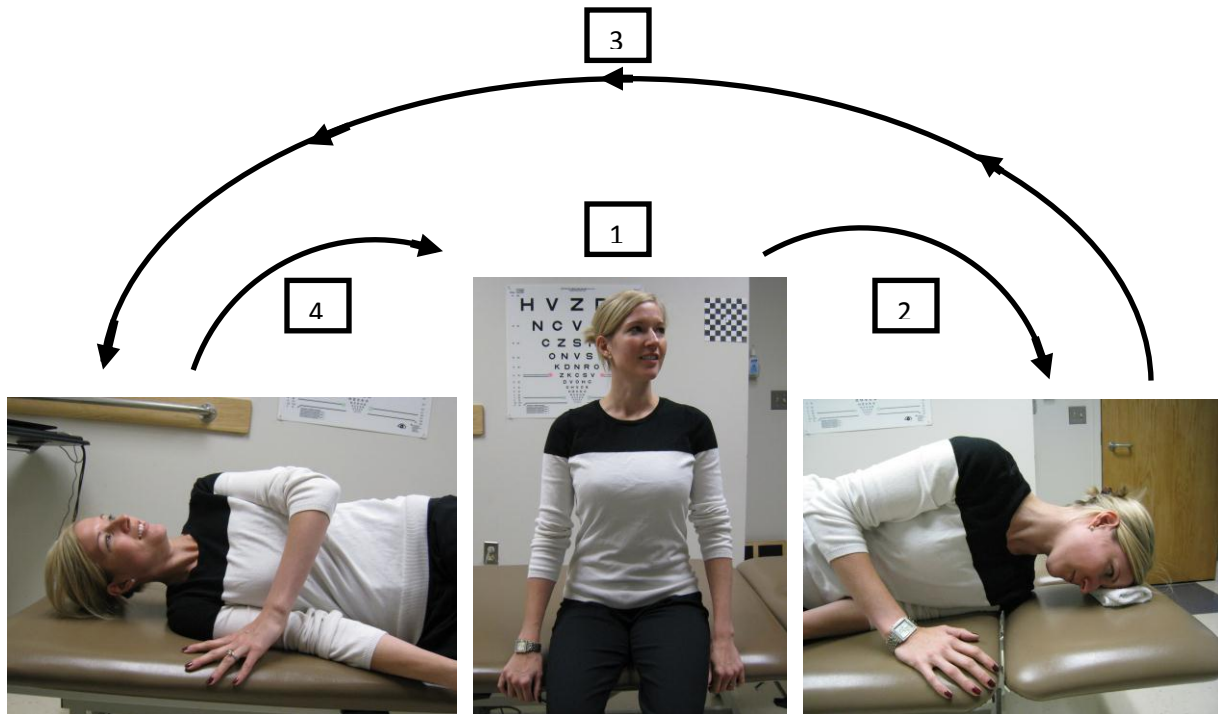


# Liberatory Maneuver

## LEFT Anterior Canal



1. Sit on the edge of your bed with your head turned halfway (45 degrees) to the **left**.
2. Quickly lie down onto your **left** side. Stay in this position for 1 minute.
3. In one quick motion, move from your **left** side to your **right** side. Do not change the position of your head. You should be looking diagonally upward towards the ceiling once you are lying on your **right** side. Stay in this position for 1 minute.
4. Slowly return to sitting. Sit with your head level for 5 minutes and repeat.

**Repeat this exercise one time each day until your symptoms of positional dizziness go away or as directed by your health care provider.**

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health System (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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