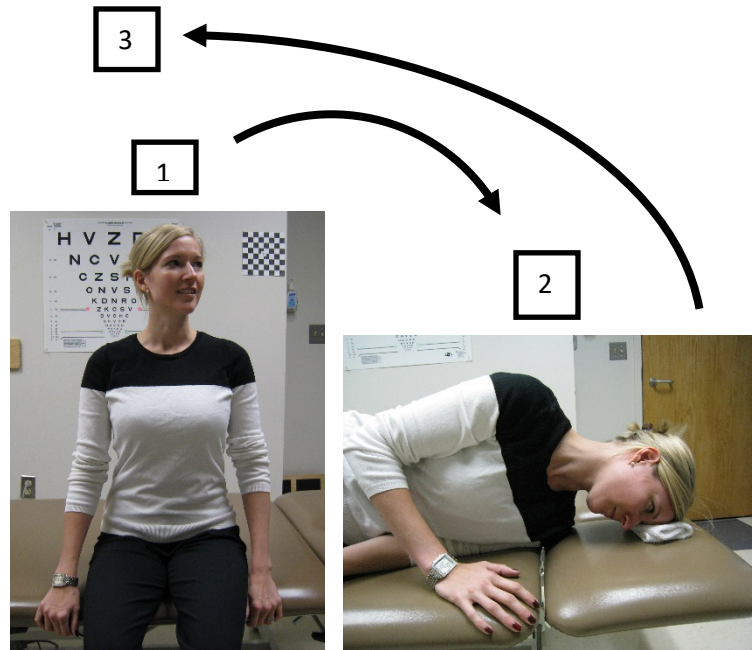




# Demi-Semont Maneuver

## RIGHT PC-Apo BPPV



1. Sit on the edge of your bed with your head turned halfway (45 degrees) to the **left**.
2. Slowly lie down onto your **left** side. Stay in this position for 30 seconds.
3. **Quickly** return to sitting and slightly tip your head backwards. Wait 30 seconds.
4. Repeat this exercise 4 more times for a total of 5 repetitions.

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

To view a video demonstration of this exercise visit:

<http://michmed.org/ng2d1> or scan the QR code on the right.



This document contains instructions for occupational and/or physical therapy exercises developed by Michigan Medicine. 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.  
Last Revised: 12/2/2020