

Canalith Repositioning Treatment for Horizontal Canal BPPV Right BBQ Roll – Head Only



1. Lie on your back with head on 1-2 pillows. Your head should be tilted 20-30 degrees above the horizontal plane (bed).



2. Turn your head to the right. Stay in this position until dizziness stops plus 30 seconds.



3. Roll back onto your back so you are looking up. If you get dizzy, wait until dizziness stops plus 30 seconds.



4. Turn your head to the left. Stay in this position until dizziness stops plus 30 seconds.



5. Roll onto your stomach. Keep your chin tucked (neck in straight line and nose slightly downward) and hold in this position until dizziness stops plus 30 seconds. (If you cannot lie on your stomach, turn your head at least 45 degrees toward the floor so your nose is pointed downward.)
6. Options for return to sitting position:
 - ___ Roll onto the right side and push to sitting
 - ___ Push up onto hands and knees and get off the bed to either side
7. Perform ___ repetitions ___ times per day until symptom free.
8. Sit upright to rest for ___ minutes after each maneuver and for 5-10 minutes after you have completed all of them.