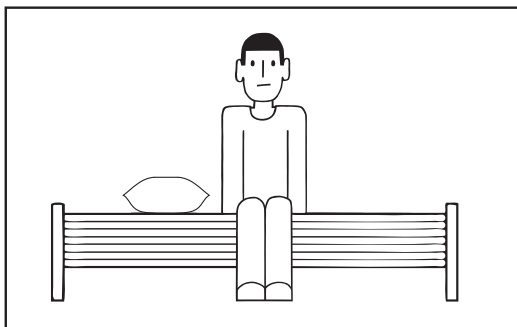
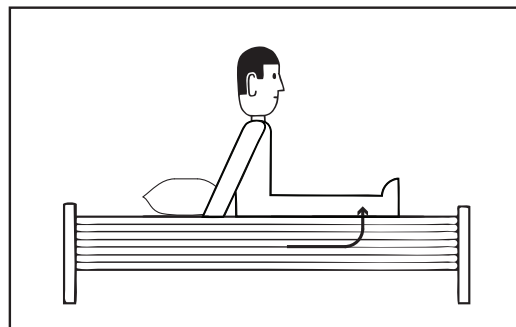


Clinician instructions



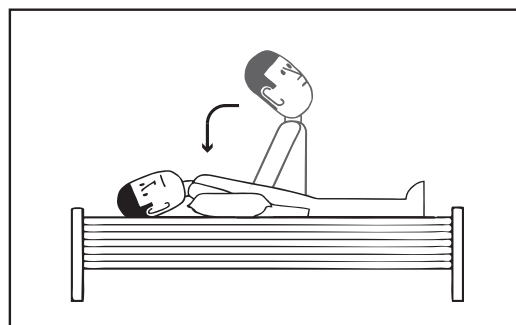
1. Put a pillow a quarter of the way down the examination couch. Ask patient to sit in the middle of the couch.



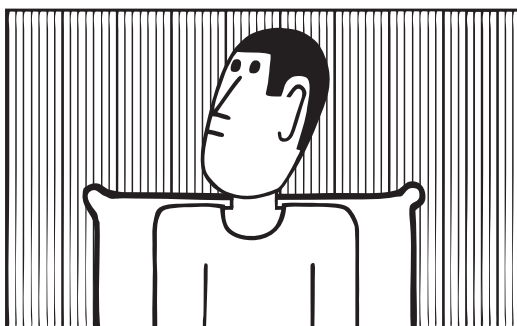
2. Swing patient's legs onto the couch so they are straight out in front.



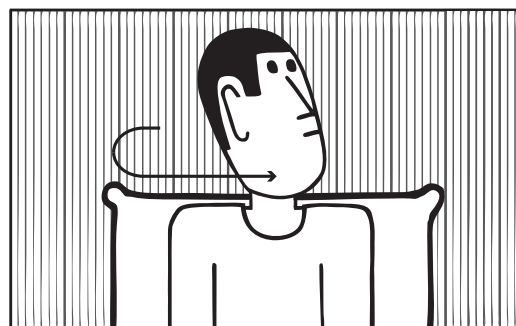
3. Ask patient to look up and tip the head back slightly, then turn the head 45 degrees to the right.



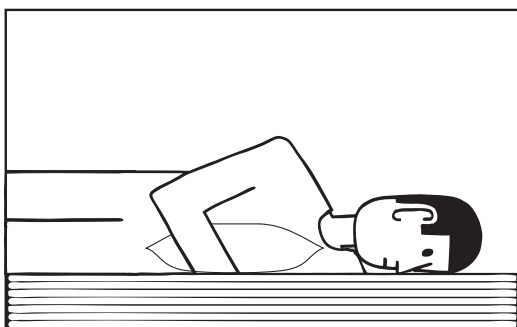
4. Keep head in this position and lie patient down with head over top edge of pillow—pillow is at shoulder level and head is about 30 degrees below the horizontal.



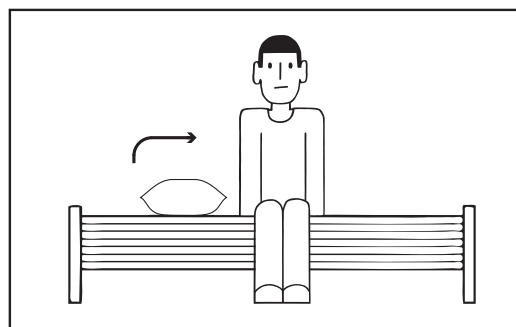
5. Wait in this position for 1 minute.



6. Turn head 90 degrees to left.
Wait in this position for 1 minute.



7. Turn head a further 90 degrees to left, while telling patient to roll onto left side. Wait in this position for 1 minute.



8. Sit patient up slowly. Tell patient not to lie down flat again until bedtime. Warn them that they may have mild nausea or dizziness or feel unsteady for several hours after a successful treatment.

NB1: Steps 1 to 4 are the same as a Hallpike manoeuvre.