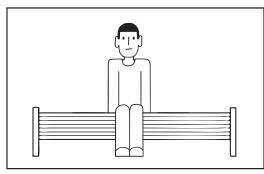
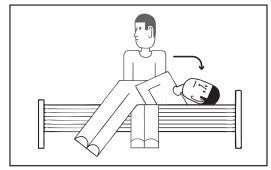


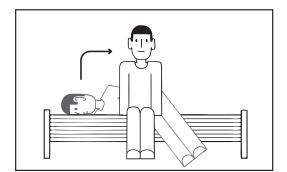
## **Clinician instructions**



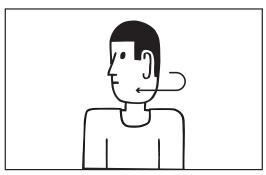
1. Sit patient on edge of examination couch in the middle.



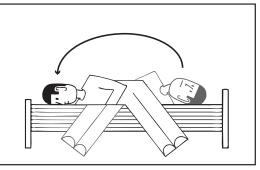
3. Keep head in this position and tip patient to lie on left side, so the nose is pointing 45 degrees up from the horizontal. Wait 1 minute.



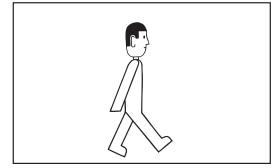
5. Sit patient up slowly.



2. Turn patient's head 45 degrees to right.



4. Still keeping head in original position, move patient quickly through 180 degrees so they are lying on their right side—now the nose points 45 degrees down from the horizontal. Wait 1 minute.



 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.

Therapeutic Guidelines Limited (www.tg.org.au) is an independent not-for-profit organisation dedicated to deriving guidelines for therapy from the latest world literature, interpreted and distilled by Australia's most eminent and respected experts.