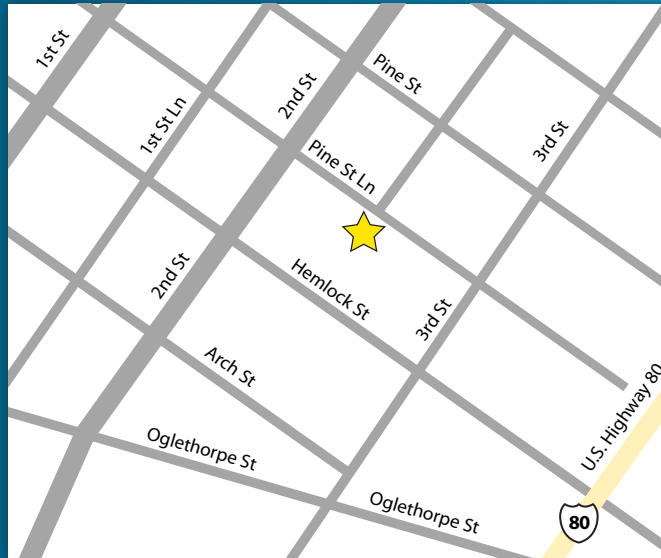




### About The ENT Center of Central Georgia

The ENT Center of Central Georgia brings together the very best physicians and support staff dedicated to providing you with an exceptional patient experience. In our pursuit to provide excellence in medical treatment, we listen to our patients and focus on their symptoms. We develop individualized treatment plans based on your unique needs and treat you like we would a family member. Whether you have hearing problems, allergies, dizziness, sinus infections, snoring or any other ear, nose and throat related problem, we can help.

**For more information, contact one of the elite health care professionals at The ENT Center of Central Georgia today: 1-800-253-8953**

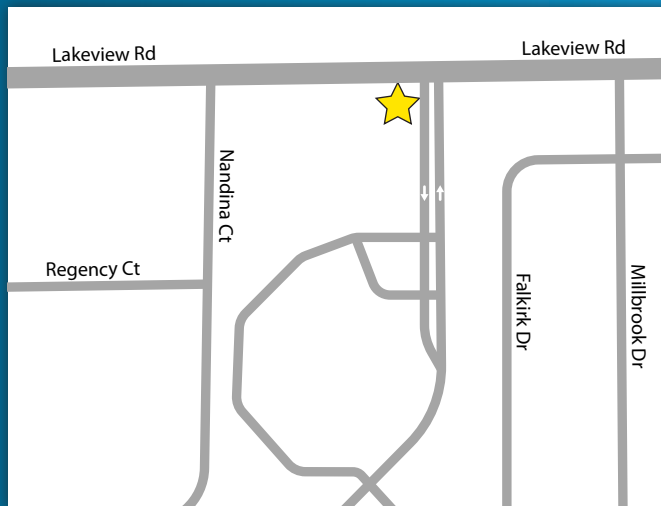


#### Macon Office

540 Hemlock Street  
Macon, GA 31201

Phone: (478) 743-8953

Fax: (478) 743-1963



#### Warner Robins Office

6084 Lakeview Road  
Warner Robins, GA 31088

Phone: (478) 333-2235

Fax: (478) 743-1963

## The ENT Center of Central Georgia

### VESTIBULAR EXERCISES Semont Maneuver



[www.theentcenter.com](http://www.theentcenter.com)

**1****START HERE**

## EXERCISES FOR THE MANAGEMENT OF VERTIGO

These exercises are designed to stimulate or “work” the vestibular system and eventually lessen vertigo during daily activities. Work through sections A and B for 15-20 minutes every night before bed.

### A. Head and eye movements while sitting

1. Keeping head still, look up and then down.
2. Keeping head still, look side to side.
3. Hold a finger out at arm’s length. Focus on your finger and bring it toward your nose, then back out again.
4. Move your head slowly side to side with your eyes open.
5. Move your head quickly side to side.
6. Move your head slowly up and down with your eyes open.
7. Move your head quickly up and down.
8. Repeat numbers 4 through 7 with your eyes closed.

### B. Head and body movements while sitting

1. Place an object on the floor in front of you. Reach down to pick it up, and then return to an upright position. Remember to look down at the object and then look back up when you bring your trunk back up.
2. Bend forward and pass the object back and forth under your knees.

**C. If these exercises do not induce dizziness when performed, then please begin the Semont exercises found on this page.**

# SEMONT MANUEVER

for Benign Paroxysmal  
Positional Vertigo



## Right-Sided BPPV

1. Sit on the edge of the bed (remove pillows).
2. Turn your head 45 degrees to the left and lie on your right side/shoulder. You will be looking up. Hold for five minutes.
3. After five minutes, keeping your head in the same position, reposition your body to lie on your left side/left shoulder (looking down).
4. Keep your head above your waist for 24 hours.

## Left-Sided BPPV

1. Sit on the edge of the bed (remove pillows).
2. Turn your head 45 degrees to the right and lie on your left side/shoulder. You will be looking up. Hold for five minutes.
3. After five minutes, keeping your head in the same position, reposition your body to lie on your right side/right shoulder (looking down).
4. Keep your head above your waist for 24 hours.