

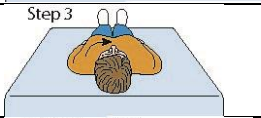
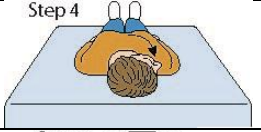
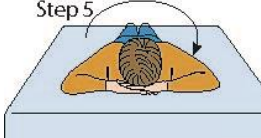
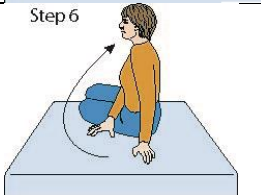


Log Roll Exercise for Benign Paroxysmal Positional Vertigo

Involving the LEFT Lateral Semicircular Canal
Chicago Dizziness and Hearing.

You can also perform these exercises by turning your entire body so that your head and neck remain aligned.

 <p>Step 1</p>	<p>Step 1: To begin the exercise, sit in the center of a bed with your legs extended. Turn head towards your left shoulder. This is 90 degrees towards the left.</p>
 <p>Step 2</p>	<p>Step 2: Lie down on your back. Your left ear should rest flat on the bed. Stay in this position for 30 seconds.</p>
 <p>Step 3</p>	<p>Step 3: Turn your head towards the right so that your nose is pointed towards the ceiling. Maintain this position for 30 seconds.</p>
 <p>Step 4</p>	<p>Step 4: Turn your head towards your right shoulder. This is 90 degrees towards the right. Your right ear should rest flat on the bed. Stay in this position for 30 seconds.</p>
 <p>Step 5</p>	<p>Step 5: Turn towards the right and roll onto your stomach. Your nose should be pointed down towards the floor. You may rest your forehead on your hands. Do not tilt your head back. Stay in this position for 30 seconds.</p>
 <p>Step 6</p>	<p>Step 6: Push up onto your left elbow and sit-up. Stay in this position for 30 seconds or longer if necessary, until your symptoms return to baseline.</p>

This is one repetition of the exercise. Perform 3 repetitions in a row of the exercise 2-3 times per day as tolerated. You may perform the repetitions of the exercise in the morning, mid-day, and evening.

Stop doing these exercises and call your clinician

- If you are experiencing neck or back pain from the exercises
- If nausea and vomiting limits you from doing the exercises
- If the direction that the room moves changes or you get dizzy in a different position

Stop these exercises if experience no symptoms of vertigo with your daily routine and no symptoms of vertigo while doing your exercises for 2 days in a row

Adapted from an earlier instruction set developed with Janet Helminski, P.T., Ph.D.

See also information about lateral canal BPPV at <https://www.dizziness-and-balance.com/disorders/bppv/lcanalbppv.htm>