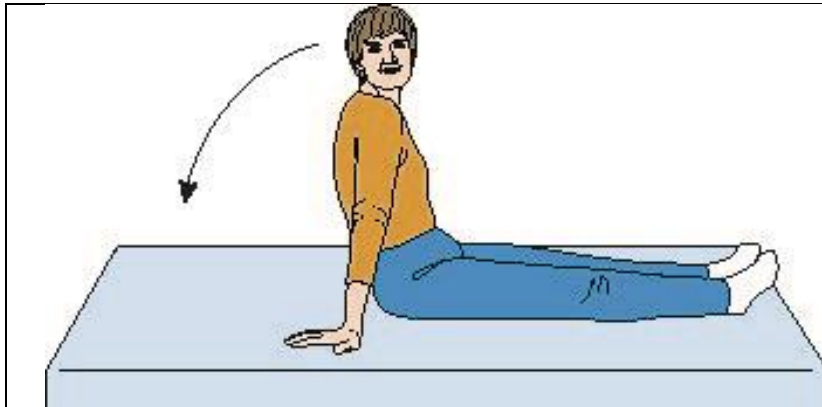


Log Roll Exercise for Benign Paroxysmal Positional Vertigo

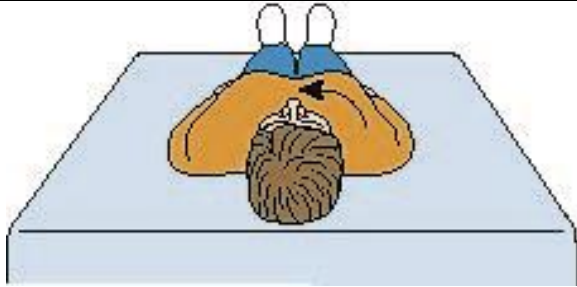
Involving the **Right** Lateral Semicircular Canal



Step 1: To begin the exercise, sit in the center of a bed with your legs extended. Turn head towards your right shoulder. This is 90 degrees towards the right



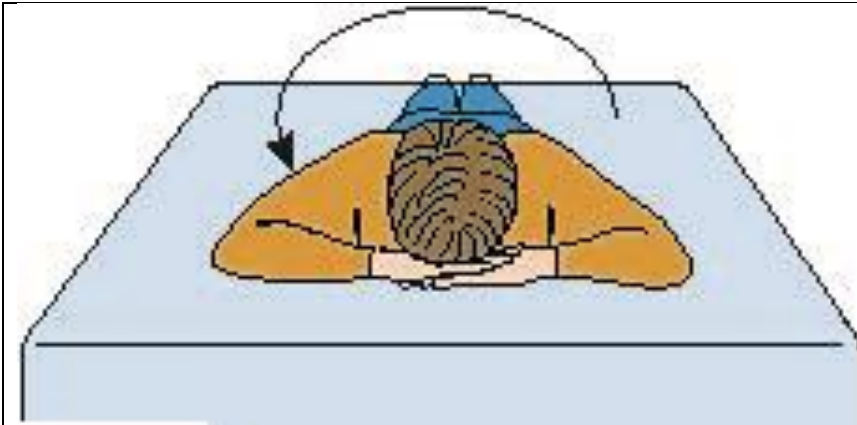
Step 2: Lie down on your back. Your right ear should rest flat on the bed. Stay in this position for 30 seconds. If you experience neck or back discomfort or are unable to fully turn your head, roll your body slightly towards the right to rest your ear flat on the bed. If discomfort persists, stop exercising and contact your clinician.



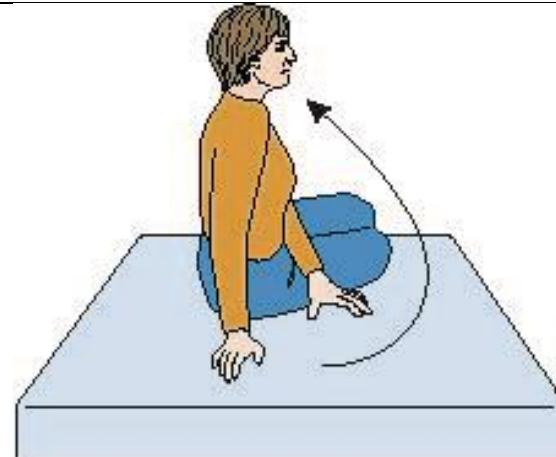
Step 3: Turn your head towards the left so that your nose is pointed towards the ceiling. Maintain this position for 30 seconds.



Step 4: Turn your head towards your left shoulder. This is 90 degrees towards the right. Your left ear should rest flat on the bed. Stay in this position for 30 seconds. If you experience neck or back discomfort or are unable to fully turn your head, roll your body slightly towards the right to rest your ear flat on the bed.



Step 5: Turn towards the left 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.



Step 6: Push up onto your right elbow and sit-up. Stay in this position for 30 seconds or longer if necessary, until your symptoms return to baseline.

This is one repetition of the exercise. Perform 3 repetitions in a row of the exercise at night. After that, sleep with your right ear up.

When should you contact your clinician?

If you are experiencing neck or back pain from the exercises, stop the exercises and contact your clinician.

If nausea and vomiting limits you from doing the exercises, contact your clinician. Medication may be prescribed to reduce symptoms of nausea and vomiting.

If the direction that the room moves changes or you get dizzy in a different position, contact your clinician.

You should expect that exercises will make you dizzy. Nevertheless, if your dizziness does not return to baseline within 15 minutes, contact your clinician.

When should you stop the exercises?

When you experience no symptoms of vertigo with your daily routine and no symptoms of vertigo while doing your exercises for 2 days in a row stop the exercises.

If you have any questions concerning your exercises, please contact Chicago Dizziness and Hearing at (312) 274-0197.

This handout was adapted from an earlier one developed by Janet Helminski, Ph.D, P.T.