



**There may be students present during your consultation as part of their on-going training. Please let the staff know if you wish to be seen by a qualified professional only.**

**Please ask a member of staff if you would like a chaperone present during your procedure.**

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# Instructions for Semont manoeuvre

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

## Why have I been given Semont exercises?

An assessment has identified that you have benign paroxysmal positional vertigo, which is causing your dizziness.

This can be treated successfully in several ways, for example the Semont manoeuvre or Epley manoeuvre.

Your clinician has advised that the Semont manoeuvre will treat the dizziness you are experiencing. The manoeuvre is for you to complete at home, as directed by your clinician. This will help to reposition the calcium crystals within the semi-circular canals in the ear and will improve your symptoms considerably over the next few days.

The procedure will take approximately 5 -10 minutes to perform. Afterwards, you should rest for a short period of time as you may feel an initial increase in your dizziness. This will settle.

On the next page is a set of instructions, on how to perform the exercises.

## How to do the exercises

1. Sit on the edge of the bed and turn your head at an angle of 45 degrees horizontally towards the unaffected ear.
2. Quickly lie down sideways onto the side of the affected ear whilst looking up to the ceiling and tilting your head up at an angle of 100 degrees.
3. Remain in this position for around 1-2 minutes. This allows the debris (inner ear crystals) to move to the lowest point of the ear canal.
4. Keeping your head in the same position looking to the unaffected side, sit up quickly and then lie down sideways on the unaffected ear with your nose pointed to the ground.
5. Remain in this position for 1-2 minutes, allowing the debris to move towards the exit of the ear canal.
6. Move back to your initial sitting position and relax.
7. Repeat this process three times in one treatment session.
8. This manoeuvre can be completed up to three times each day until your symptoms have resolved.
9. You do not need to repeat this manoeuvre if your problem has disappeared.