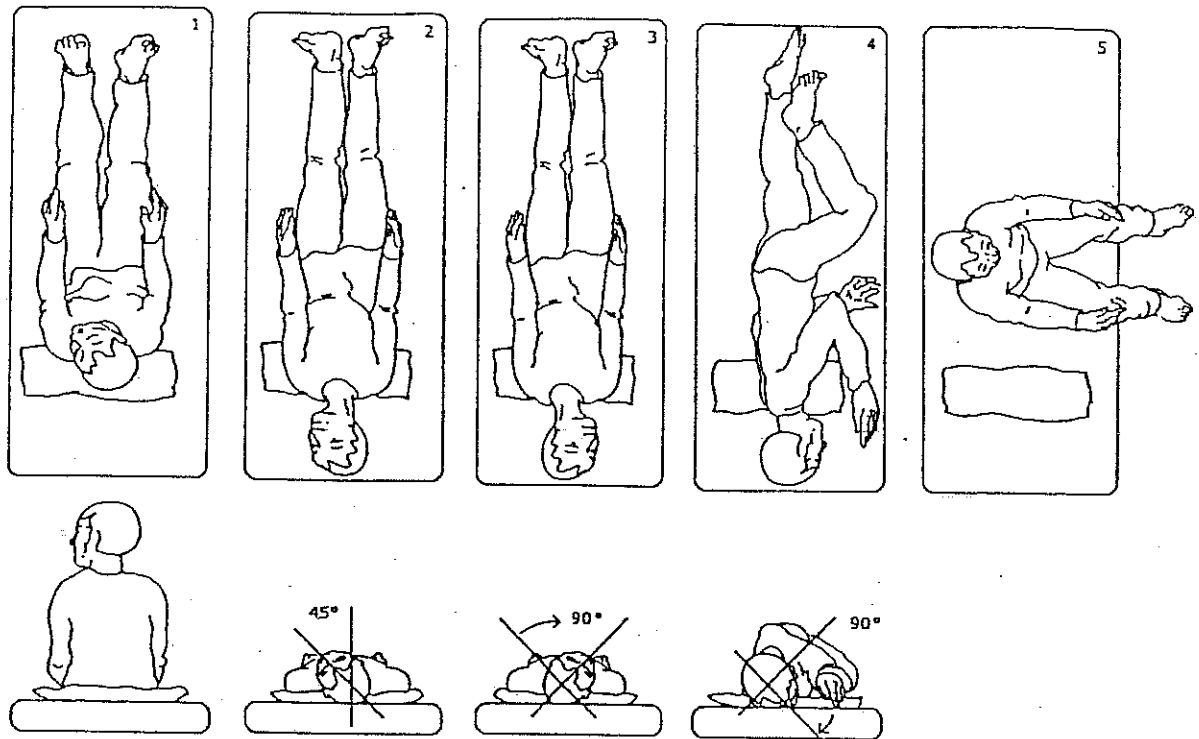


INSTRUCTIONS FOR THE MODIFIED EPLEY'S PROCEDURE FOR BENIGN POSTIONAL VERTIGO OF THE POSTERIOR SEMICIRCULAR CANAL OF THE LEFT EAR.



1. Start by sitting on a bed and turn your head 45 degrees to the left. Place a pillow behind you so that on lying back it will be under your shoulders.
2. Lie back quickly with shoulders on the pillow, and head resting on the bed. In this position the affected (left) ear is underneath. ( you are looking to the left) Wait for 30 seconds.
3. Turn your head 90 degrees to the right (without raising it) and wait again for 30 seconds.
4. Turn your body and head another 90 degrees to the right ( you will be looking in the direction of the floor) and wait for another 30 seconds.
5. Sit up on the right side of the bed looking down still.

For the next 2 nights sleep propped up at 45degrees.

The first direction you look towards in doing this test is the direction that brings on the vertigo.