Canalith Repositioning Procedure for Left-Sided Benign Paroxysmal Positional Vertigo

1. With patient seated on table, turn head 45° toward the affected side while extending the neck.

2. Lay patient down keeping head rotated and extend the neck 10° to 20° depending on patient’s ability and comfort. Hold this position for 20 to 30 seconds or until nystagmus or vertigo ceases.

3. Turn head 90° toward the unaffected side. Hold this position for 20 to 30 seconds or until nystagmus or vertigo ceases.

4. Turn head another 90° rolling body toward the unaffected side. Hold this position for 20 to 30 seconds or until nystagmus or vertigo ceases.

5. Return patient to upright, seated position with neck flexed for 20 to 30 seconds.