

## CANALITH REPOSITIONING MANEUVER

1. Begin by sitting on the bed, facing the head of the bed. Your feet should be out in front of you on the bed. You should be far enough towards the head of the bed so that when you lie down, the prominence of the back of your head will touch the edge of the foot of the bed. You should also situate yourself on the bed so that when you rotate your head and body, you do not fall off the side of the bed.
2. Lie back and rest your head on the edge of the foot of the bed, with your head turned towards the side that makes you dizzy and look towards the corner of the ceiling behind you. Stay in that position until the dizziness goes away.
3. Slowly, over the next 5-6 minutes, turn your head 180 degrees, so that you look towards the opposite corner of the floor behind you. Each turn of your head should be about 30 degrees or so. Again, be careful not to roll off the bed.
4. Sit up into the initial position and then remain sitting or standing the rest of the day.
5. Avoid lying down for 36 hours. It is best to sleep in a recliner that is reclined no more than 45 degrees the first night after performing the maneuver.
6. Avoid strenuous activity, especially activity that causes vibration, such as mowing the lawn or bicycling, for two weeks.
7. This maneuver can be repeated as needed for recurrences of benign positional vertigo. It is useful for resolving the whirling sensation that occurs with the disorder but does not usually improve the unsteadiness or fuzziness that is also sometimes associated with benign positional vertigo.
8. We ask that you contact us immediately if your vertigo does not improve with this maneuver, if your vertigo worsens, if your vertigo is associated with hearing loss, or if any new symptoms arise.

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