

McLaren Print System Order

Order No: 59481 Reprint Previous Order No: 59432
 Order Date: 2021-01-06
 User: Bobbie Morris
 Phone: 989-794-4032

Ship Location: McLaren Midland ENT-Attention Bobbie
 801 Joe Mann Blvd., Ste H
 Midland, Michigan 48642

Forms

Quantity: 100
 Paragon Dept No: 56058
 Dept Name: McLaren Midland ENT
 Company Number: 810

Order Total Price: 16.10

Item Number: MM-34031
 Item Description: HC-BPPV-RIGHT-BBQ-Roll
 Revision Date: 12/2020
 Print: 1 sided full color
 Paper: 20# White Text
 Size: 8.5 x 11
 Fold:
 Finish: None
 Drill: None
 Misc Info: ss



Date: __/__/20__

Vestibular Rehabilitation
BBQ Roll for RIGHT Horizontal Canal BPPV



1. Lie on your **right** side and wait 30 seconds.
2. Roll on to your back and wait 30 seconds.
3. Roll on to your **left** side and wait 30 seconds.
4. Tuck your chin down slightly. Roll on to your stomach while propping yourself up on your elbows. Wait 30 seconds.
5. Roll on to your **right** side and wait 30 seconds.
6. Slowly returns to sitting. Keep your chin level for 15 minutes.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health Services (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.
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Physical Medicine and Rehabilitation
 PT/OT