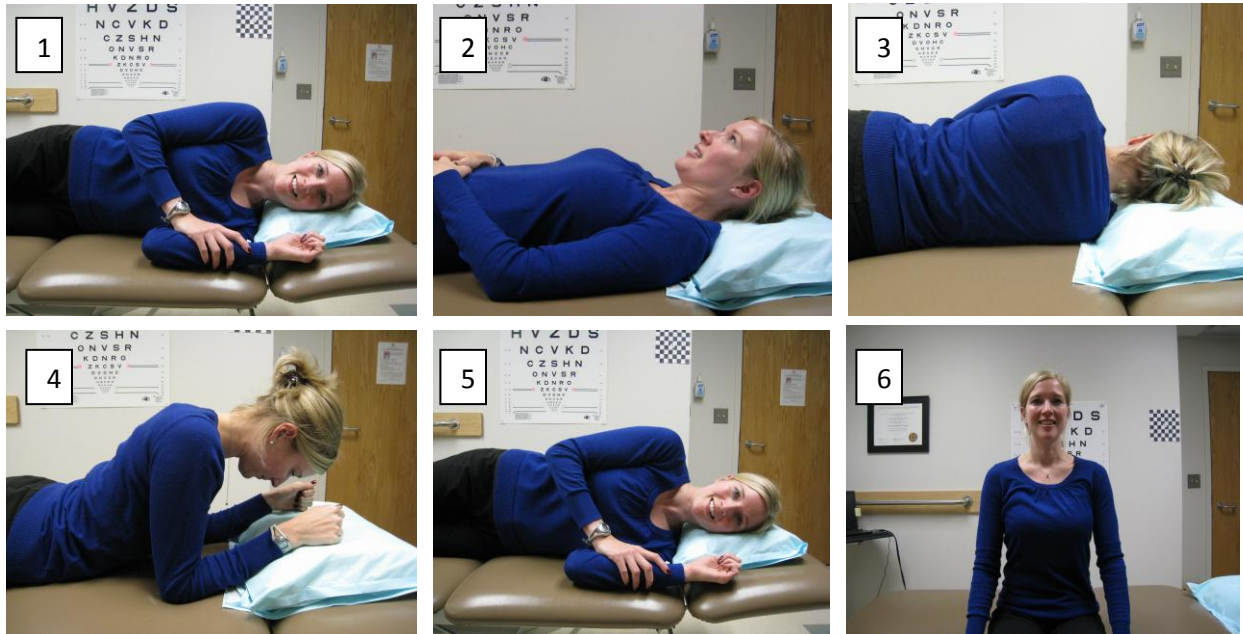


Vestibular Rehabilitation

BBQ Roll for LEFT Horizontal Canal BPPV



1. Lie on your **left** side and wait 30 seconds.
2. Roll on to your back and wait 30 seconds.
3. Roll on to your **right** 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 **left** side and wait 30 seconds.
6. Slowly return 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 System (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.

CC BY-NC-SA Last Revised: 1/2014