UpRight Physiotherapy
keep your balance

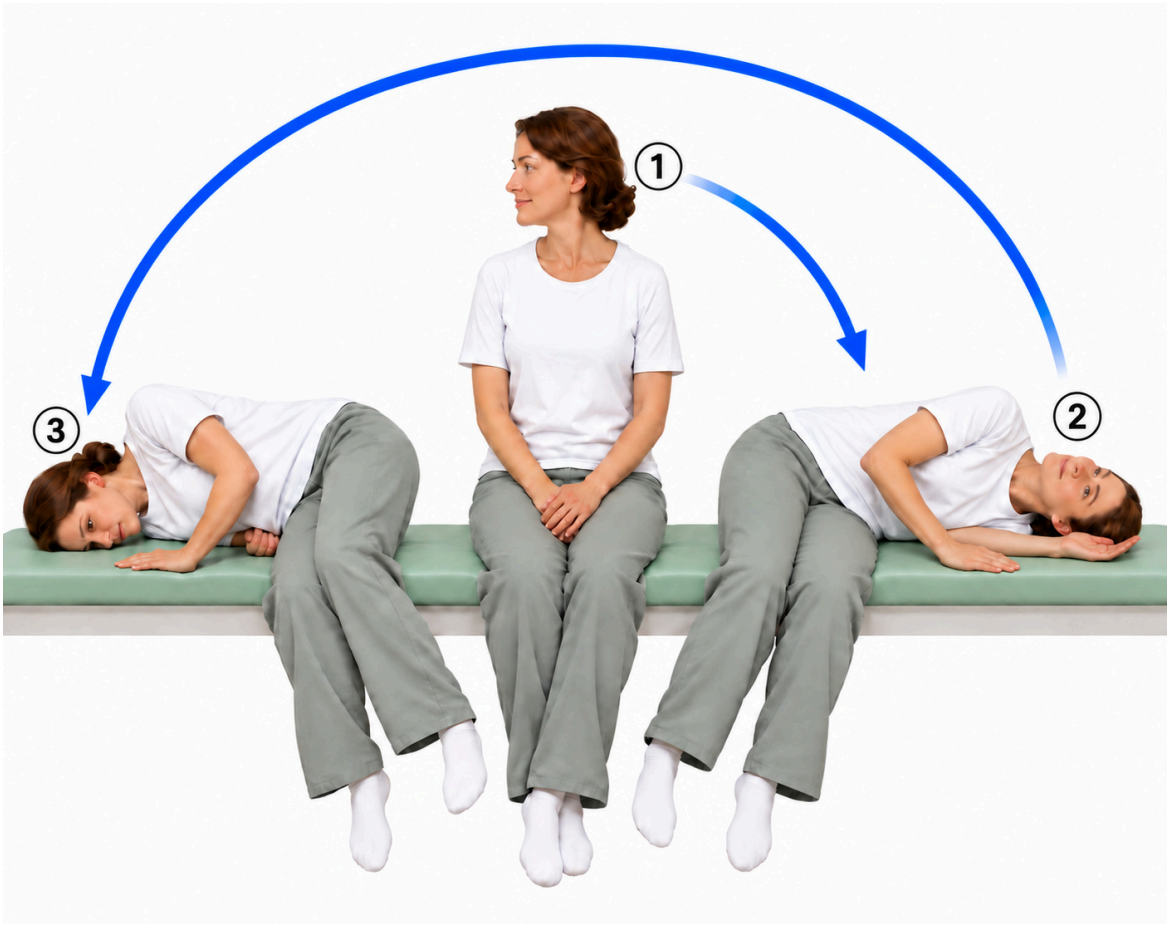
PATIENT INFORMATION

Left Semont manoeuvre

Prescribed morning routine

Each morning until your next appointment

Perform **2 left-sided manoeuvres**. Wait **5 minutes** between manoeuvres.



Use this sheet for the side and routine prescribed by your physiotherapist.

1. **Start sitting.** Sit on the edge of the bed and turn your head **45° to the right**.
2. **Lie on your left side.** Keep your head turned and quickly lie onto your left side, with your face angled upwards. **Hold for 2 minutes.**
3. **Move across.** Without turning your head, move quickly through sitting onto your **right side**, with your face angled down towards the bed. **Hold for 2 minutes.**
4. **Finish sitting.** Slowly return to sitting, keeping your chin tucked towards the **right**.