

## Semont manoeuvre

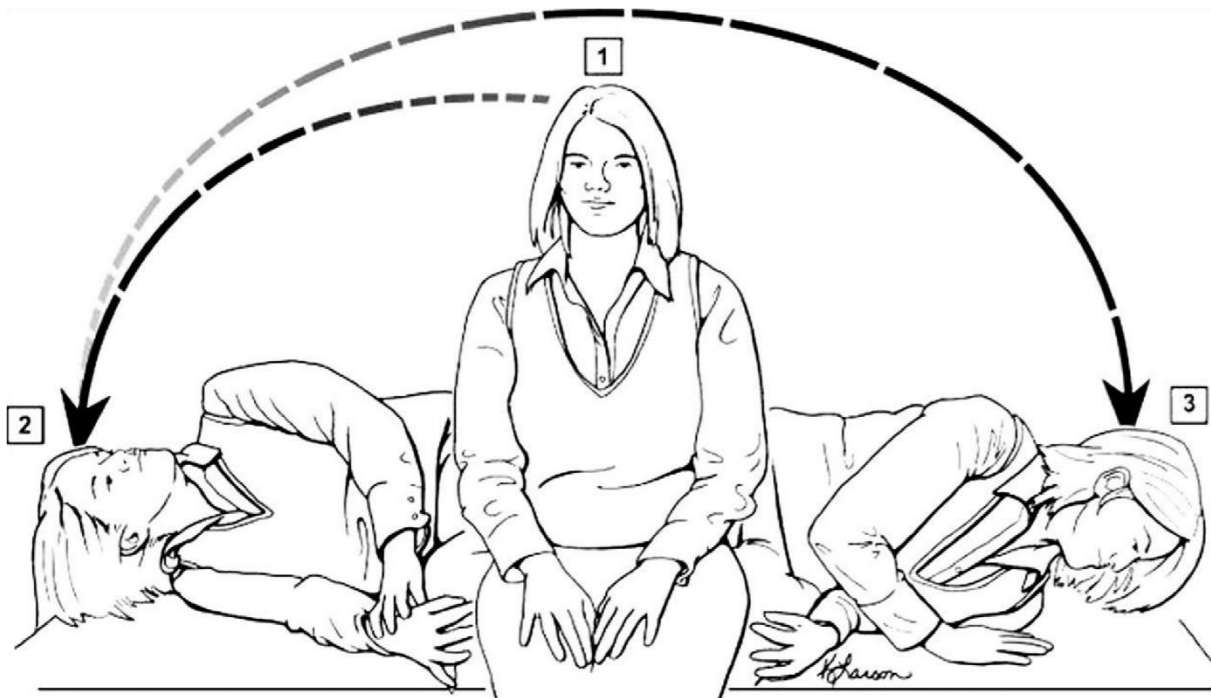


Figure 1.2 the Semont maneuver for right-sided BPPV (from Bhattacharyya, 2017, adapted and reproduced with permission from Fife et al. 2008)

1. Start with the patient sitting on a table or flat surface with the head turned away from the affected side.
2. Quickly put the patient into the side-lying position, toward the affected side, with the head turned up. Nystagmus will occur shortly after arriving at the side-lying position.  
Keep the patient in this position until at least 20 seconds after all nystagmus has ceased (some recommend up to 1-2 minutes).
3. Quickly move the patient back up and through the sitting position so that he or she is in the opposite side-lying position with the head facing down (head did not turn during the position change). Keep the patient in this position for about 30 seconds (some recommend 2-10 minutes).
4. At a normal or slow rate, bring the patient back up to the sitting position.