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EPLEY'S MANOEUVRE LEFT SIDE

- Lie on your back on a bed with head extended over side of bed and turned to the LEFT
- Turn head to the RIGHT whilst keeping it extended
- Roll onto RIGHT side whilst keeping head extended and turned to the RIGHT
- Sit up, keeping head extended and turned to the RIGHT
- Roll head to chest
- Look straight ahead

Hold each position one minute
Do exercise three times per day for ten days