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EPLEY'S MANOEUVRE RIGHT SIDE

1. Lie on your back on a bed with head extended over side of bed and turned to the RIGHT
2. Turn head to the LEFT whilst keeping it extended
3. Roll onto LEFT side whilst keeping head extended and turned to the LEFT
4. Sit up, keeping head extended and turned to the LEFT
5. Roll head to chest
6. Look straight ahead

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