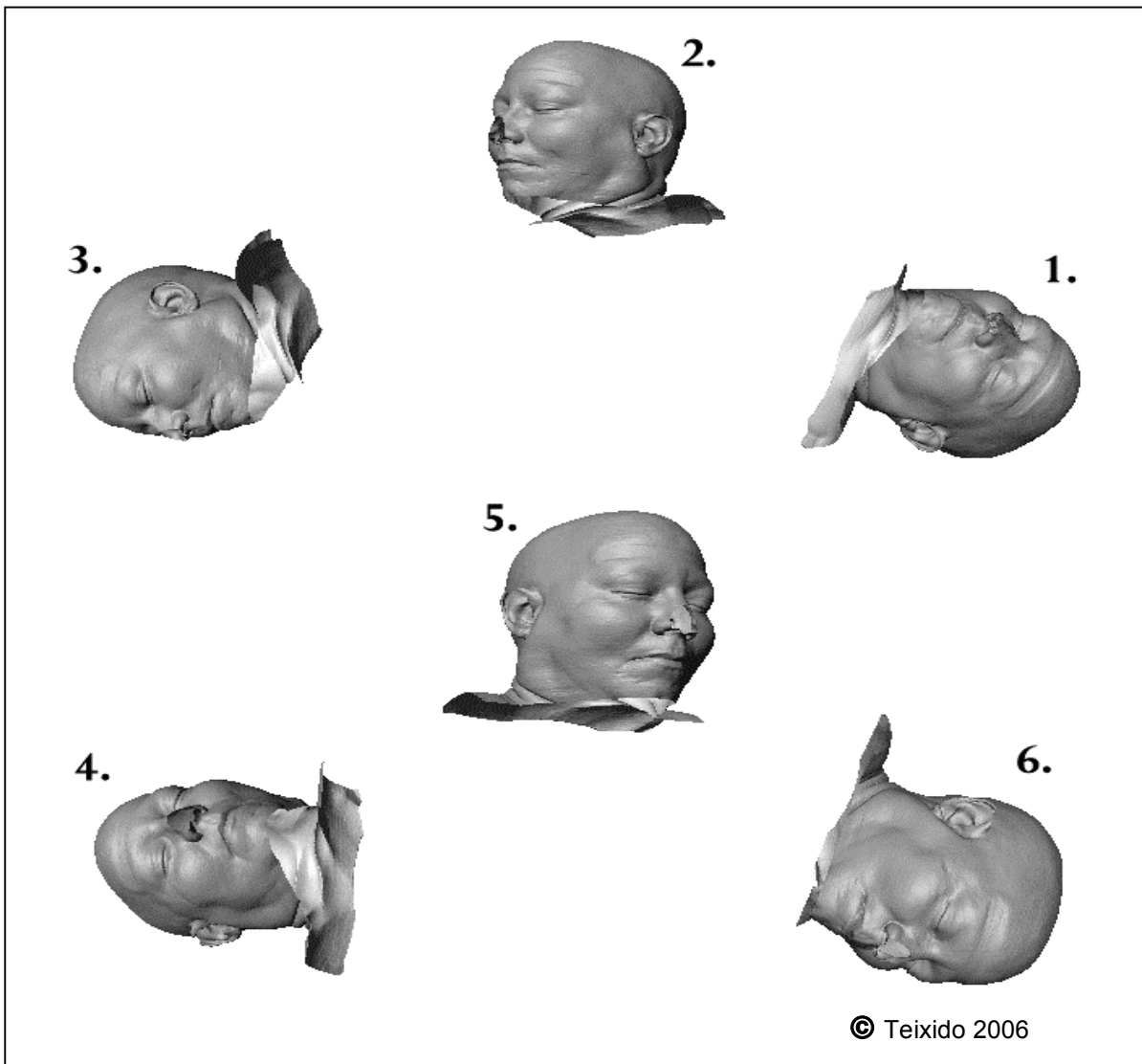


# Posterior Canal Exercises

Perform these on a sofa or a bed where you can fully lie down in a horizontal position.

1. Lie on your left side with your nose pointed 45° upward (head turned toward the right). Wait 20 seconds.
2. Sit upright, keeping your head turned to the right. Wait 20 seconds.
3. Lie on your right side with your nose pointed 45° downward (head remains turned toward the right). Wait 20 seconds.
4. Remain on your right side, but turn your nose to 45° above the horizontal (head now turned toward the left). Wait 20 seconds.
5. Sit upright, keeping your head turned to the left. Wait 20 seconds.
6. Lie on your left side with your nose pointed 45° downward (head remains turned toward the left). Wait 20 seconds.

Repeat 5 times (10 minutes total) in the morning and in the evening until your return visit.



Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
AM														
PM														

Mark each box with an **X** after you have completed each set of exercises.

If your set of exercises has produced no symptoms, mark the box with a circle.

Bring this sheet with you to your follow-up appointment.