**Maneuver for Treating Left-sided BPV**

While sitting, turn head left.

Fall back to head-hanging left.

Turn neck to head-hanging right.

Roll onto right shoulder, nose down.

**Maneuver for Treating Right-sided BPV**

While sitting, turn head right.

Fall back to head-hanging right.

Turn neck to head-hanging left.

Roll onto left shoulder, nose down.

**What happens to the particles in the inner ear**

While sitting, turn head left.

Fall back to head-hanging left.

Turn neck to head-hanging right.

Roll onto right shoulder, nose down.

**Return to sitting with head right.**

**Return to sitting with head left.**