

# Dizziness

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Helpful tips to manage your Symptoms

## *Do Not Change Positions Quickly*

Move slowly when going from a lying down or sitting position to stand.

Look up or down slowly and avoid either position for long periods.

Turn head slowly to look to either side and try to move your entire body with your head.

## *Do Not Drive When Experiencing Symptoms*

Avoid dangerous situations when experiencing symptoms, such as climbing a ladder or stairs, or an uncomfortable height.

## *Vestibular Exercises*

While lying flat in bed, turn your head to one side or the other to recreate the spinning sensation.

Try to repeat this maneuver by turning just to the point to create the sensation to that side.

Do this as often as needed until the spinning sensation ceases. Once the symptoms subside, the relief should remain controlled for several hours.

**Please be sure to call this office if the exercises cause the symptoms to worsen.**