Benign Paroxysmal Positional Vertigo

1. Bending Forward x 10

2. Neck – Bending forwards x 10
   Look up x 10
   Sideways x 10

3. Lying → sitting from Left side x 10
   Lying → sitting from Right side x 10

4. Standing on one leg x 10 (gradually hold for longer)

5. Tandem position (putting one foot in front of the other)
   Eyes open x 10
   Eyes closed x 10

6. Tandem Walking

7. Eye exercises – Sideways x 10
   Up and down x 10
   Slowly increase the speed.

8. Walking – 20 – 30 minutes a day