



Half Somersault for Left Ear BPPV

治疗左耳良性阵发性体位性眩晕的半前滚翻方法

Important Notes 重要提示

1. Dark Curved Arrows Indicate Head Movement

深色箭头指示头部动作

2. Lighter Arrows Near Eyes Show the Direction You Should Be Facing

眼睛附近的浅色箭头指示面部方向

A: Look Straight Up at Ceiling

A: 向上方直视房顶

B: Place Head In Somersault Position

B: 头部置于前滚翻位置

C: Turn Head To Face Left Elbow

C: 转头朝向左侧手肘

D: Raise Head Quickly To Back Level

D: 将头部迅速抬起回到与地面平行位置

E: Raise Head Fully Upright

E: 将头部全部抬起

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**A.** Kneel on the floor or in the middle of a large bed. Tip your head straight upward quickly until you are looking straight up at the ceiling. This may cause dizziness briefly.

双膝着地或者跪于一张足够大的床中间。快速抬起头部直至可以直视屋顶。这一步可能会造成短暂的眩晕。

**B.** Next place your head on the floor upside down, as if you are about to do a somersault. Tuck the chin so that your head touches the floor near the back of the head rather than near the forehead. This position may cause a burst of vertigo. Without moving, wait until any vertigo ends. The vertigo means the particles are moving in the proper direction. Tapping firmly on the skull with your fingertips just behind the left ear can help move the particles along.

下一步，将头低下直至上下颠倒的状态，就像你准备要做一个翻滚。收紧下巴，尽量使您头部后方碰触到地而不是额头前部。这个姿势可能会造成瞬间的眩晕。请不要移动直到眩晕消失。眩晕意味着晶体在朝着正确的方向移动。用手指尖轻轻敲击左耳后部的位置会帮助移动晶体。

**C.** Slowly turn your head to face your left elbow. Try to center the left elbow in your field of view. You will keep your head turned to the left through the rest of the maneuver. Again, wait for any vertigo to end before moving to the next step.

慢慢转动头部面向左肘位置。尽量使您的左肘处于视野中央。请保证您的头部在其余运动的过程中一直朝向左方。同样，请等待眩晕消失后再进行下一步。

**D.** Keeping your head turned to the left and viewing your left elbow, QUICKLY raise your head to shoulder level. Your head should be positioned at about a 45° angle to the floor throughout this move. Vertigo is normal during this part of the procedure. Wait for the vertigo to end or count to 15 before continuing.

保持面向左方，目视左肘。快速抬起头部与肩平齐。现在您的头部应与地面呈现45度角。在这一步中，感受到眩晕是正常。在进行下一步前，静待眩晕消失或慢数15下。

**E.** Raise your head to the upright position QUICKLY, keeping it about halfway turned toward the left shoulder. Some additional vertigo may occur. After the vertigo subsides, slowly sit upright.

Rest for 15 minutes. After the rest, quickly tip your head up and down. If no dizziness occurs, do not repeat the maneuver. If you still feel some dizziness when making that movement, repeat the maneuver. You may also repeat the maneuver if you have another vertigo spell in the future.

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继续保持面向左方，快速抬高直起头部。您或许仍会感到些许眩晕。当眩晕消失，慢慢的坐直。

休息15分钟后，快速上下摆动头部。如果无任何眩晕感，无需重复整个动作。如果您仍感到些许眩晕，可以再做一次整套动作。任何时候您感到眩晕，都可以重复整套动作。

## **Additional instructions: (更多建议)**

Always wait at least 15 minutes between maneuvers to allow particles to settle.

请等待至少15分钟，等待晶体平稳，再进行下一套动作。

Sleep propped up on 2 or 3 pillows for two nights following the maneuver.

请在做完整套动作后，连续两个晚上请使用2个或3个枕头的高度。

Sleep only on your right side for a week after the maneuver (put a pillow behind you to keep you from rolling over in the night).

请在做完整套动作后的一个星期以内，都右侧身睡眠（可以在身后放置一个枕头防止您熟睡中翻身）。