

# Semont Manoeuvre

Information and advice for patients

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## What is the Semont Manoeuvre?

The Semont Manoeuvre is used for the treatment of Benign Paroxysmal Positional Vertigo (BPPV).

## What is the benefit of doing the exercises?

The manoeuvre can stop the dizzy spells experienced by BPPV sufferers. It is not clear why the exercises work, some evidence suggests that the exercises help to relocate the loose crystals that cause the dizziness in the first place, whereas other evidence suggests that repeated exposure to the feeling of dizziness reduces its intensity.

The exercise must be done on the side in which the symptoms are occurring and your Consultant or Audiologist will help you determine which side is causing the problems.

You are likely to feel a sensation of vertigo, especially so on the problem side. This is quite normal and will pass within a few seconds. The more you do the movements the more the feeling of vertigo should lessen.

## What are the risks or disadvantages?

These exercises are likely to provoke dizziness, therefore, should be performed in a safe environment, preferably with another person present. Some people find it difficult to persevere with the exercises but the exercises do have a good success rate.

## Are there any alternatives to performing these exercises?

There are alternative manoeuvres that can be used to treat BPPV, such as an Epley Manoeuvre. Your Audiologist may perform an Epley Manoeuvre with you in clinic and then recommend Brandt-Daroff exercises for you to use at home as these are easier to perform unsupervised.



## How to do the exercises

- Start sitting upright on the edge of the bed.
- Turn your head 45 degrees, or as far as is comfortable, away from the affected ear.
- Lie down on your affected side so that you are looking up at the ceiling.
- Remain in this position for 30 seconds or until any dizziness has subsided.
- Sit up and return to centre, then immediately lay down on the opposite side so that you are facing down to the floor.
- Remain in this position for 30 seconds or until any dizziness has subsided.
- Once the dizziness has passed, sit up and turn head back to centre.

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General statements that are made in this leaflet do not apply in every case, as each patient is an individual. Your Audiologist will advise you on any specific after care.

## Audiology Department

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[www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust](http://www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust)

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