



Orlando Ear, Nose & Throat Associates, P.A.

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Ear, Nose & Throat

Head & Neck Surgery, Facial Plastic Surgery, E.N.T. Allergy, Hearing Aids

MODIFIED SEMONT MANEUVER

START BY SITTING ON THE EDGE OF YOUR BED.

1. QUICKLY LAY YOUR BODY ON THE LEFT OR RIGHT SIDE. * THIS SHOULD BE DONE TOWARDS THE "WEAK" OR INVOLVED SIDE.
2. IT IS IMPORTANT THAT THIS MOVEMENT IS DONE AS QUICKLY AS POSSIBLE WITHOUT INJURY. YOU MAY PRACTICE THIS, A LITTLE MORE QUICKLY EACH TIME, UNTIL A COMFORTABLE SPEED IS DETERMINED.
3. YOUR HEAD SHOULD STAY IN LINE WITH YOUR BODY, SO IT SHOULD NOT BE TOUCHING THE BED. ONLY YOUR SIDE AND SHOULDER WILL BE RESTING ON THE BED. (IF YOU MUST RELAX YOUR NECK IN THE BEGINNING, THIS WILL BE O.K.)
4. ONCE STABLE, ROTATE YOUR HEAD UNTIL YOU ARE LOOKING DOWN - TOWARDS THE MATTRESS. (YOUR NOSE SHOULD ALMOST BE TOUCHING THE BED). * THIS ROTATION DOES NOT NEED TO BE DONE QUICKLY.
5. HOLD THIS POSITION FOR TWO - THREE MINUTES.
6. RETURN TO THE SITTING POSITION.
7. YOU ONLY NEED TO DO THIS MANEUVER TOWARDS THE "INVOLVED" OR "WEAK" SIDE. YOU MAY USE A CHAIR, OR STABLE SEAT THAT DOES NOT HAVE AN ARM REST.
8. DO NOT MOVE SO QUICKLY THAT YOU INJURE YOUR BACK OR NECK. TAKE YOUR TIME AND PRACTICE UNTIL YOU CAN MOVE QUICKLY AND COMFORTABLY.

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