

# Semont Liberatory Maneuver

## Patient information

Patient name:

Date of birth:

Examiner:

## Purpose

The Semont Maneuver is used to treat posterior benign paroxysmal positional vertigo (BPPV). It involves a series of head and body movements designed to move debris out of the posterior semicircular canal, alleviating vertigo symptoms.

## Materials needed

- Treatment bench or flat surface
- Timer or watch
- Bucket (in case of nausea)

## Procedure

1. Ask the patient to sit in the middle of the treatment bench with the head turned 45 degrees away from the affected side.
2. Quickly bring the patient into a side-lying position toward the affected side with the head turned up. Tell them to hold this position until at least 20 seconds after nystagmus ceases (recommended duration is 1-2 minutes).
3. Quickly move the patient back up with the same head position and through the sitting position so that they are in the opposite-lying position with the head facing down. Ask the patient to hold this position for about 30 seconds (some recommend 2-10 minutes).
4. Slowly bring the patient back up into the sitting position.

## Documentation

Initial vertigo symptoms:

Post-maneuver symptoms:

## Additional notes

## Healthcare professional information

Name:

Signature:

Date:

## References

Bhattacharyya, N., Gubbels, S. P., Schwartz, S. R., Edlow, J. A., El-Kashlan, H., Fife, T., Holmberg, J. M., Mahoney, K., Hollingsworth, D. B., Roberts, R., & Seidman, M. D. (2017). Clinical practice guideline: benign paroxysmal positional vertigo (update). *Otolaryngology—Head and Neck Surgery*, *156*(3\_suppl), S1-S47.

Devaiah, A. K., & Andreoli, S. (2010). Postmaneuver restrictions in benign paroxysmal positional vertigo: An individual patient data meta-analysis. *Otolaryngology—Head and Neck Surgery*, *142*(2), 155-159.