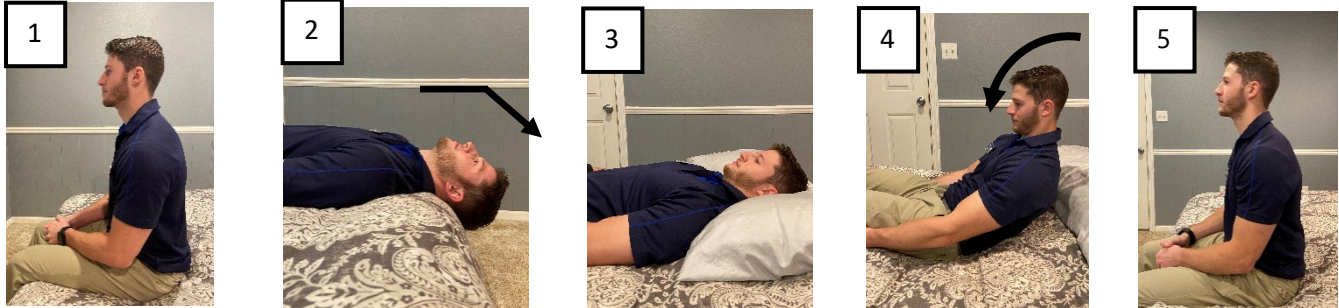


# Straight Head Hang (Yacovino) Maneuver for AC-BPPV



1. Begin sitting upright on your bed, with your head straight.
2. Quickly lie down onto your back, so your head is hanging at least 30° below horizontal, but your neck is supported by the corner of the bed. Stay in this position until your dizziness passes, plus 30 seconds.
3. Once symptoms subside, while lying on your back, scoot your body down towards your feet, slide a pillow under your head and quickly but carefully move your head into a gentle “chin to chest” position. Stay in this position until your dizziness passes, plus 30 seconds.
4. While maintaining “chin to chest”, return slowly to a sitting position. Remain sitting with “chin to chest” for 30 seconds.
5. Return your head to neutral position and sit with your head level for 15 minutes.

**If symptoms are still present, repeat this maneuver 1-2 times per day, or as directed by your health care provider.**

This document contains instructions for occupational and/or physical therapy exercises developed by Michigan Medicine. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change. Last Revised: 12/2/2020

To view a video demonstration of this exercise visit:  
<http://michmed.org/ZbvNo> or scan the QR code on the right.

Yacovino, D.A., Hain, T.C. & Gualtieri, F. New therapeutic maneuver for anterior canal benign paroxysmal positional vertigo. *J Neurol* 256, 1851-1855 (2009).

