

Forced Prolonged Position Treatment (FPPT)

- ONLY DO THIS PROCEDURE IF YOU HAVE BEEN ADVISED TO DO SO BY YOUR DOCTOR OR REHAB TEAM

Instructions:

- A. Lie on the affected ear (illustrated here as the right side) for 20 seconds or more.
- B. Slowly roll toward the healthy (unaffected) ear until...
- C. The healthy ear is down. Remain in this position all night. If you get up overnight to go to the washroom, repeat this process again.

Note:

1. Your healthcare provider would have told you which ear is considered the affected ear for you.
2. If you get up overnight to go to the washroom, repeat this process again.

