



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

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"BARBECUE" MANEUVER

START BY SITTING UP ON THE BED.

1. LAY DOWN ON YOUR BACK.
2. AFTER ONE MINUTE, TURN YOUR BODY AND LAY ON YOUR SIDE.
(NECK IN LINE WITH BODY).
 - NOTE: ALWAYS START ON THE "GOOD" SIDE. YOU MAY HAVE BEEN TOLD THAT YOU HAVE A "WEAKNESS" ON THE LEFT OR RIGHT SIDE. IF YOUR INVOLVED OR "WEAK" SIDE IS THE RIGHT - THEN START ON THE LEFT. IF YOUR "WEAK" SIDE IS THE LEFT - THEN START ON THE RIGHT.
3. AFTER 2 MINUTES, TURN YOUR BODY SO THAT YOU ARE LAYING ON YOUR STOMACH, FACE DOWN.
4. AFTER TWO MINUTES, TURN YOUR BODY TO THE OPOSITE SIDE.
(NECK IN LINE WITH BODY). * THIS WILL BE YOUR "WEAK" SIDE.
5. HOLD THIS POSITION FOR TWO MINUTES - OR LONGER IF ANY DIZZINESS IS STILL PRESENT.
6. THEN, TURN YOUR BODY ONCE MORE AND LIE ON YOUR BACK.
7. AFTER ONE-TWO MINUTES, RETURN TO THE SITTING POSITION.