The 5 steps of the canalith repositioning procedure for treatment of left-sided benign paroxysmal positional vertigo. Step 1. Move patient from a sitting to a reclining position. Extend patient's head over the end of the table at 45° angle. Step 2. Turn the patient's head to the opposite side. Step 3. Roll the patient over onto that side. The head is slightly angled while the patient is looking down at the floor. Step 4. Return the patient to a sitting position. Step 5. Tilt the patient's chin down. (Reproduced by permission of Mayo Foundation, Mayo Clinic Health Letter 1994; 12: 1-3)