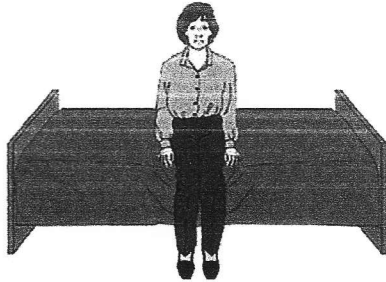


Brandt-Daroff Exercises

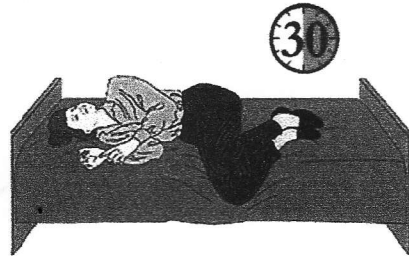
Perform 5 repetitions of this exercise per set, and perform 3 sets each day for two weeks.

1



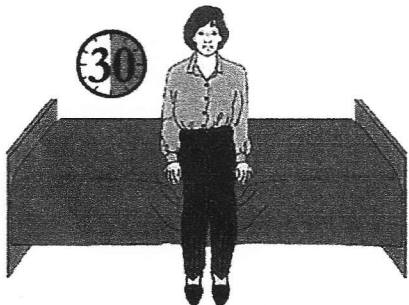
Begin by sitting upright on a bed. Make sure there is enough room on either side of you to lay down.

2



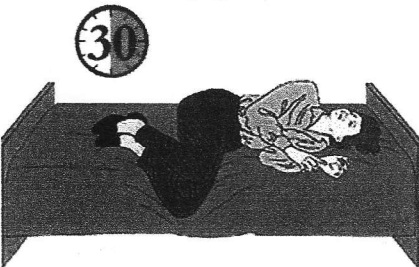
Turn your head to your left. Lie down on your side. Wait until the dizziness stops. Once it does, wait thirty seconds in this position.

3



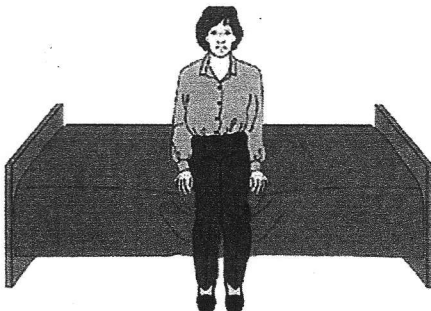
Sit upright. Once the dizziness stops, hold this position for an additional thirty seconds.

4



Now turn your head to your right. Lie down on your side. Wait until the dizziness stops. Once it does, wait thirty seconds in this position.

5



Return to an upright position. Wait thirty seconds once the dizziness stops. Repeat this exercise for a total of five repetitions (each side). Once you have done this five times, this equates to one set.

If you have any questions, feel free to call the clinic at (806)743-3277.