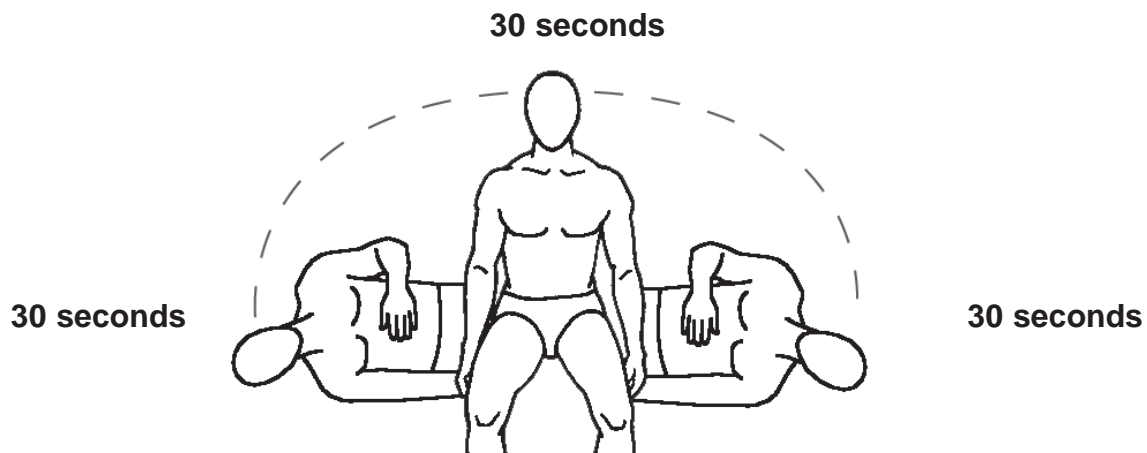


Brandt-Daroff Exercises

1. Sit on your bed or couch with your feet flat on the floor.
2. Lie down on one side with your head turned slightly upward.
3. Stay down until the dizziness subsides, plus an additional 30 seconds.
4. Sit up and stay in this position until the vertigo subsides.
5. Stay here for another 30 seconds.
6. Lie down to the opposite side with your head turned slightly upward.
7. Stay down until the dizziness stops, plus an additional 30 seconds.

Perform five repetitions as above three times a day.

When able, skip steps #4 and #5 above.



Rolling Exercise

With pillow behind head, start on back/right/left side. Roll slowly/quickly onto right/left side. Maintain position until symptoms subside, plus _____ seconds. Return slowly/quickly onto back.

Repeat entire sequence _____ times per session.

Do _____ sessions per day.

