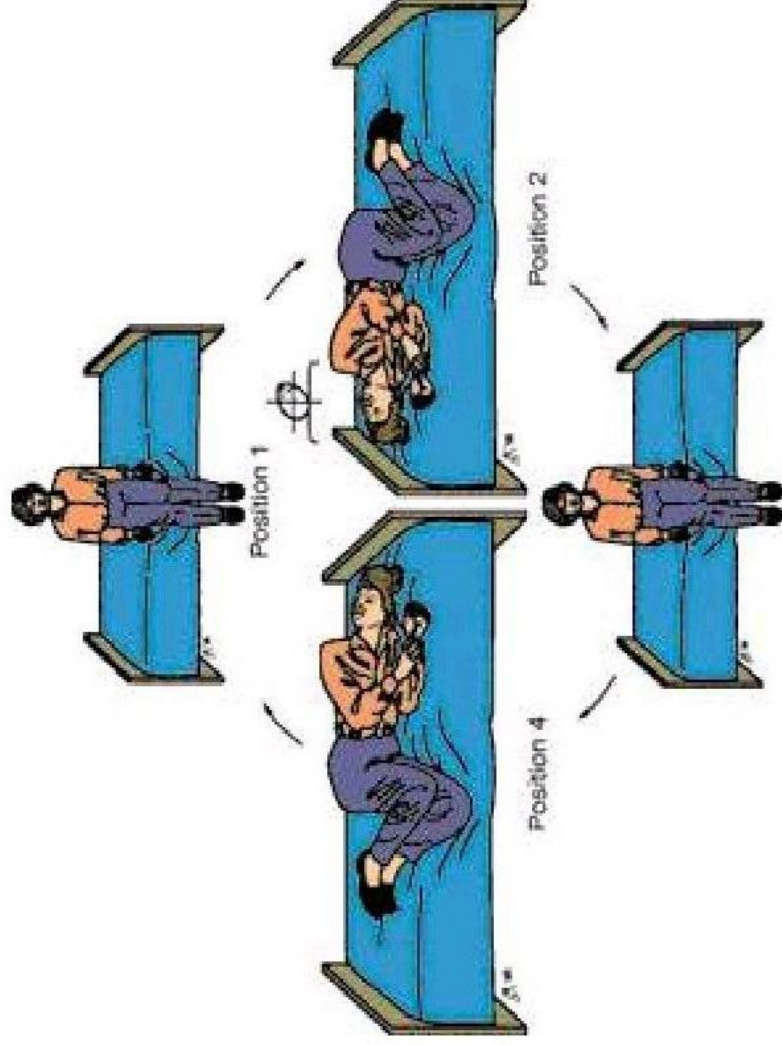


Brandt & Daroff Exercises Patient handout



Position 3

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- Begin by sitting upright on bed (position 1)
- Lie down onto side. Take no more than 1-2 seconds to do this
- Keep head looking up at 45 degree angle. Imagine someone standing about six feet in front of you, and keep looking at the person's head at all times (position 2)
- Remain on this side for thirty seconds, or until dizziness subsides.
- Return to an upright position and wait for thirty seconds (position 3)
- Now lie down onto the other side. Again, it should take one or two seconds to get into position
- Keep the head at a 45 degree angle (position 4)
- Stay down for another thirty seconds, or until vertigo subsides
- Return to an upright position and wait for another thirty seconds.

This is one cycle
Repeat cycle 5 times to make one set.
Repeat 3 sets per day for 14 days.