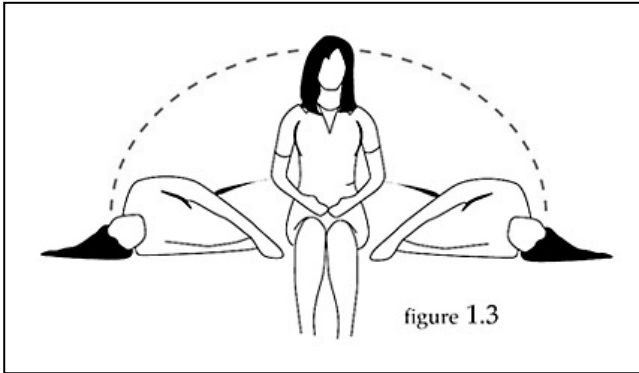


# Brandt Daroff exercises



Modified Brandt Daroff exercises may help with ongoing dizziness if previous maneuvers have been unhelpful or the problem keeps recurring.

The exercise should be performed 5x per side, twice per day for 1 month or until symptoms resolve.

## STEPS:

1. Sit on the couch or bed with feet flat on the floor.
2. Turn your head to one side (eg left)
3. Move quickly from the sitting to the lying position onto the side opposite your head turn (eg right) so that you are looking up at the ceiling. Ideally, move towards the side that makes you dizzy first.
4. If you become dizzy stay still until it passes and for an additional 5 seconds.
5. Slowly return to sit upright and stay still until dizziness settles and add 5 seconds.
6. Turn your head to the opposite side and lie down on your other side.
7. Repeat steps 1-6 five times.



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