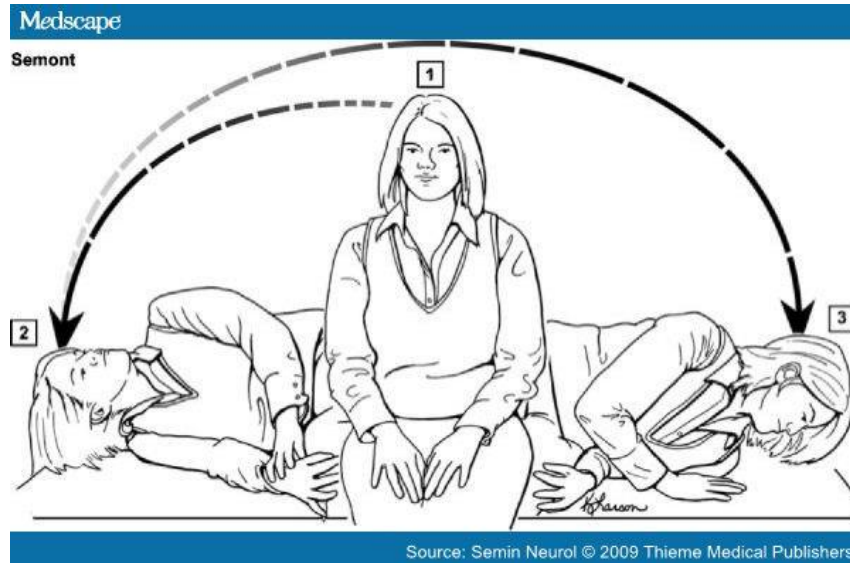


# BRANDT AND DAROFF EXERCISES



1. Begin by sitting upright on bed. (Position 1)
2. Lie down onto side. Take no more than 1-2 seconds to do this.
3. 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)
4. Remain on this side for thirty seconds, or until dizziness subsides.
5. Return to an upright position and wait for thirty seconds. (Position 3)
6. Now lie down onto the other side. Again, it should take one or two seconds to get into position.
7. Keep the head at a 45 degree angle. (Position 4)
8. Stay down for another thirty seconds, or until vertigo subsides.
9. Return to an upright position and wait for another thirty seconds.

THIS IS ONE CYCLE. **REPEAT CYCLE FIVE TIMES** TO MAKE ONE SET.  
**REPEAT THREE SETS PER DAY FOR 14 DAYS.**