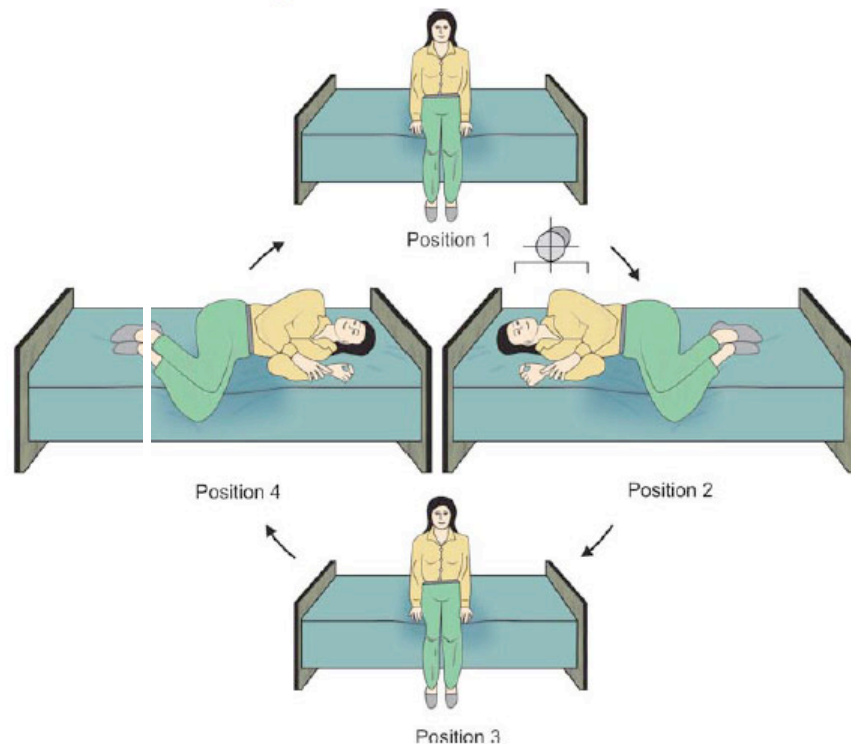


BRANDT-DAROFF EXERCISES

Home exercise for BPPV



1. Start in an upright, seated position.
2. Turn your head 45° to the side. Move quickly into the sidelying position with your nose pointed up at about a 45-degree angle. Remain in this position for about 30 seconds (or until the vertigo subsides, whichever is longer).
3. Then move back to the seated position and wait 30 seconds.
4. Repeat on the other side.

Repeat cycle 5 times, 3 times a day, for 14 days.