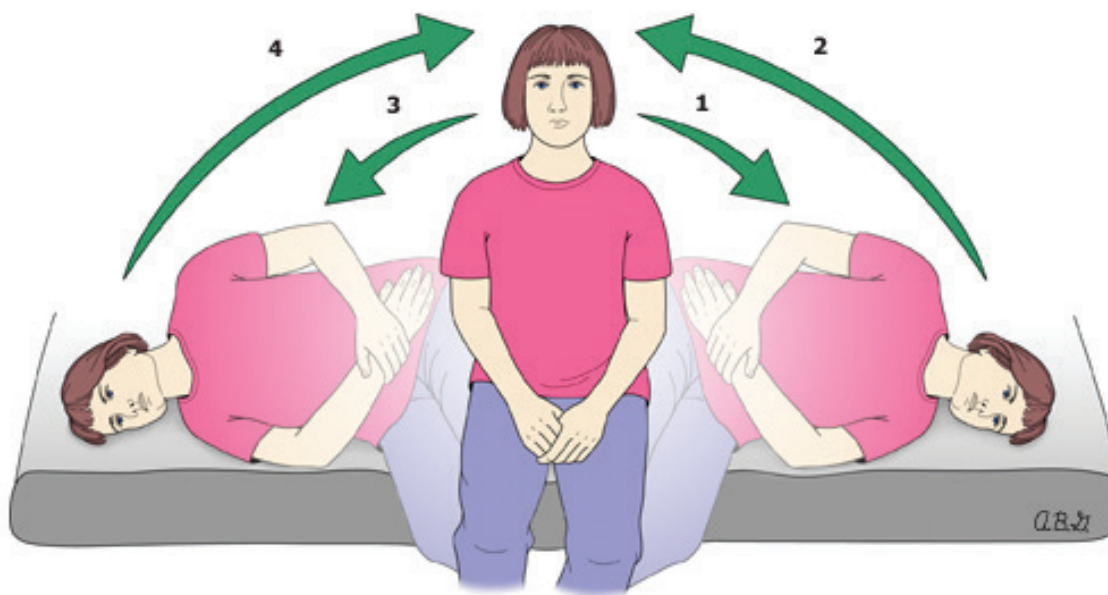


Vestibular Physical Therapy At Home for Vertigo

Brandt-Daroff Maneuver



1. Start by sitting with legs hanging over the edge of your bed.
2. Quickly lay down on one side, focusing on a single spot on the wall. Wait until the dizziness subsides.
3. Sit up again and wait once more for dizziness to subside.
4. Quickly lay down on the other side, again focusing on a single spot on the wall. Wait until the dizziness subsides.
5. Sit up again and wait for the dizziness to subside.
6. Repeat this 10-20 times 3 times daily until symptoms are gone.



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