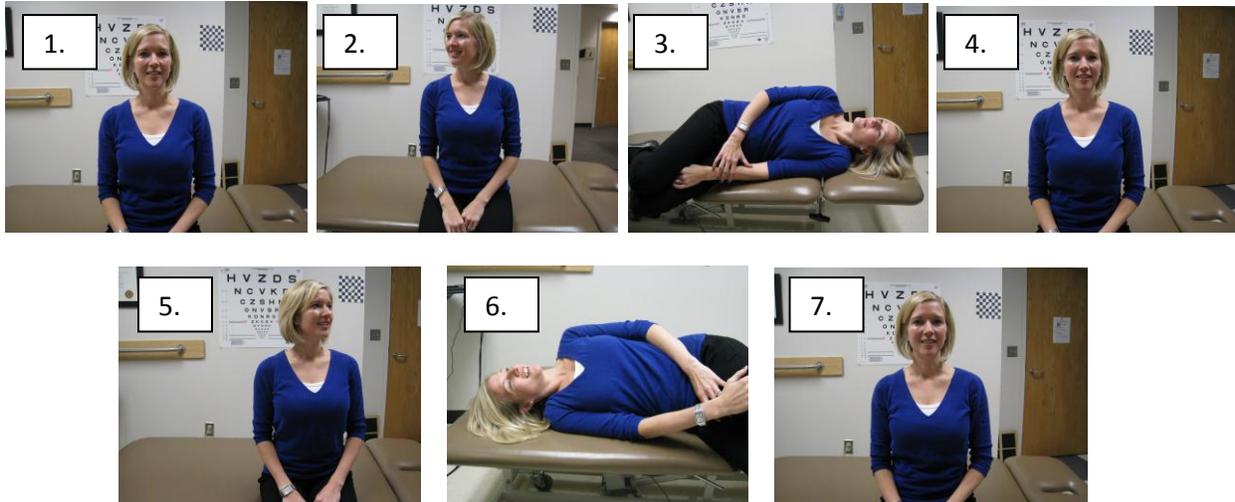


Vestibular Rehabilitation

Brandt-Daroff Habituation Exercise



1. Sit on your couch or bed.
2. Turn your head about half way (45 degrees) to the **Right**.
3. Quickly lie down onto your **Left** side. Stay on the **Left** side until your dizziness goes away, PLUS 30 seconds. If there is no dizziness, lie on your side for 30 seconds.
4. Sit up quickly. Wait 30 seconds.
5. Turn your head about half way (45 degrees) to the **Left**.
6. Quickly lie down on your **Right** side. Stay on the **Right** side until your dizziness goes away, PLUS 30 seconds. If there is no dizziness, lie on your side for 30 seconds.
7. Sit up quickly. Wait 30 seconds.

This completes 1 repetition.

Do 5 repetitions, 2 times each day for 2 weeks.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health System (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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