

Brandt Maneuver

1. Sit on the edge of your bed
2. Turn your head 45 degrees to the right/left side
3. Quickly lie down to the right/left side
4. Stay in this position for as long as your dizziness lasts (or for 15 seconds if you have no dizziness)
5. Quickly sit up and lie down on the opposite side keeping your head again turned upward 45 degrees
6. Wait until your dizziness subsides (or 15 seconds if you have no dizziness) and then repeat entire exercise again

NOTE:

Repeat exercise 10 times twice per day.

Perform with eyes open ____.

Perform with eyes closed ____.

