



Brandt's Vestibular Exercise
for
"Benign Paroxysmal Positional Vertigo"

1. Begin at the neutral sitting position.
2. Lie down to the "bad" side quickly.
 - a) if dizzy, wait until dizziness passes and resume the neutral position.
 - b) if not dizzy, wait 20 seconds before resuming the neutral position.
3. Lie down to the other side quickly. Follow instructions in 2a) and 2 b).
4. Steps 1, 2 and 3 are performed 10 times during each exercise, and 3 sets of exercises are carried out daily. Try to sleep on the good side if possible. Use a pillow against the back to prevent rolling over. Continue the exercise until you are symptom free for three weeks.