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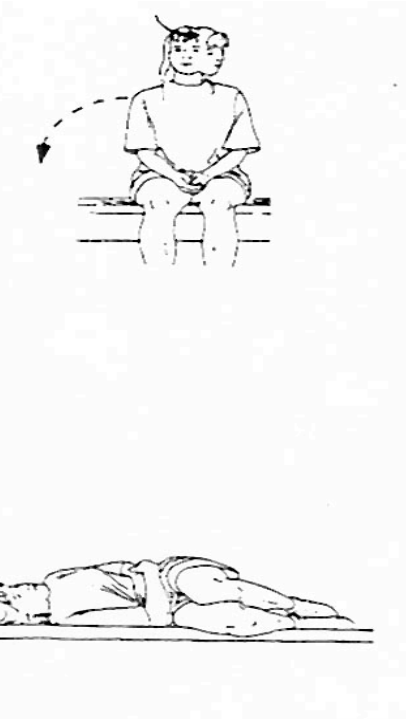


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HABITUATION (Brandt-Daroff) EXERCISES

Sit on the edge of a bed with your feet flat on the ground . . .



1. Turn your head to the **LEFT** and lie down **QUICKLY** onto your **RIGHT** side. If you do not have symptoms, remain here and count to 30. If you **DO** have symptoms, wait until they are completely gone, then count to 30.

2. **QUICKLY** sit up and look straight ahead. If you do not have symptoms, remain here and count to 30. If you **DO** have symptoms, wait until they are completely gone, then count to 30.

3. Turn your head to the **RIGHT** and lie down **QUICKLY** onto your **LEFT** side. If you do not have symptoms, remain here and count to 30. If you **DO** have symptoms, wait until they are completely gone, then count to 30.

4. **QUICKLY** sit up and look straight ahead. If you do not have symptoms, remain here and count to 30. If you **DO** have symptoms, wait until they are completely gone, then count to 30.

This completes one cycle.

REPEAT 3 CYCLES PER SESSION, 3 SESSIONS A DAY.

To maximize the benefits of this exercise; perform in a well-lit room, keep your head still, your eyes open and focused. Limit any distractions and concentrate on the steadiness or your surrounding (the ground, objects in the room, etc.).

Once you are able to perform exercises without feeling any symptoms for 3 consecutive days, you can stop the exercise protocol.

-HOWEVER-

It is recommended that you complete 1 cycle to “test” yourself daily for symptoms (first thing in the morning) – if they recur you should resume the protocol.

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