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WICHITA EAR CLINIC

Balance Rehabilitation

Brandt-Daroff Exercises

1. Sit upright on the edge of your bed. Stay in this position for 30 seconds.
2. Lie down to one side as if you were sleeping on your side. Look up towards the ceiling and stay in that position for 30 seconds or until any dizziness subsides.
3. Return to the sitting position. Stay in this position for 30 seconds.
4. Lie down to the opposite side. Look up towards the ceiling and stay in that position for 30 seconds or until any dizziness subsides.

It is recommended to do this rotation FIVE times TWICE a day.



 are "hear" for you!