

McLaren Print System Order

Order No: 59456 Reprint Previous Order No: 59386
 Order Date: 2021-01-06
 User: Bobbie Morris
 Phone: 989-794-4032

Ship Location: McLaren Midland ENT-Attention Bobbie
 801 Joe Mann Blvd., Ste H
 Midland, Michigan 48642

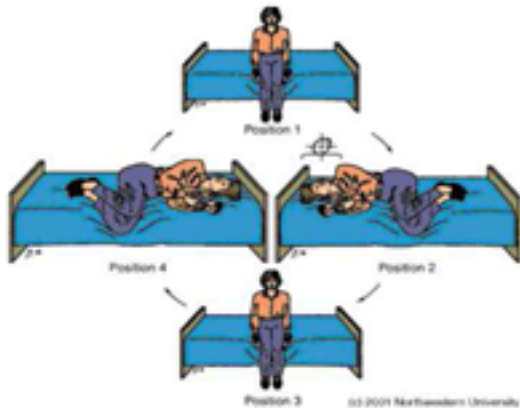
Forms

Quantity: 100
 Paragon Dept No: 56058
 Dept Name: McLaren Midland ENT
 Company Number: 810

Order Total Price: 16.10

Item Number: MM-34004
 Item Description: Brandt-Daroff exercises
 Revision Date: 12/2020
 Print: 1 sided full color
 Paper: 20# White Text
 Size: 8.5 x 11
 Fold:
 Finish: None
 Drill: None
 Misc Info:

**Brandt & Daroff Exercises
 Patient handout**



- Begin by sitting upright on bed (**position 1**)
- Lie down onto side. Take no more than 1-2 seconds to do this
- Keep head looking up at 45 degree angle. Imagine someone standing about six feet in front of you, and keep looking at the person's head at all times (**position 2**)
- Remain on this side for thirty seconds, or until dizziness subsides.
- Return to an upright position and wait for thirty seconds (**position 3**)
- Now lie down onto the other side. Again, it should take one or two seconds to get into position
- Keep the head at a 45 degree angle (**position 4**)
- Stay down for another thirty seconds, or until vertigo subsides
- Return to an upright position and wait for another thirty seconds.

**This is one cycle
 Repeat cycle 5 times to make one set.
 Repeat 3 sets per day for 14 days.**