

**LATIHAN TERAPI FISIK *BRANDT DAROFF* UNTUK MENURUNKAN
KEJADIAN VERTIGO PADA LANSIA MELALUI MEDIA POSTER**

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SUMMARY

Background: Vertigo is a health problem that is often faced by society. Vertigo is a dizziness disorder caused by the perception of body movement (feeling of spinning) and / or the surrounding environment. Vertigo attacks if not treated immediately will cause several bad effects for the sufferer, including the threat of life. Therefore, it is necessary to provide other therapies besides pharmacological therapy. One of them is doing vestibular rehabilitation therapy, *namely Epley Maneuver, Semount Maneuver and Brandt Daroff or Brandt Daroff Exercis.*
Purpose: The purpose of this poster is to describe *Brandt Daroff's* physical therapy exercises to reduce the incidence of vertigo in vertigo sufferers. **Methods:** The method used is to use IEC media, namely posters, which are expected to be a source of information about the use of the *Brandt Daroff* physical therapy exercise method to reduce the incidence of vertigo in the elderly. **Results:** The results of the posters will be KIE at 'Aisyiyah University, Surakarta and especially for people with vertigo sufferers so that they can find out and apply *Brandt Daroff* physical therapy exercises to reduce the incidence of vertigo. **Conclusion:** as an educational and health media and educational media for the public and the general public, especially for vertigo sufferers, to increase knowledge about the physical therapy exercise procedure of *Brandt Daroff* to reduce the incidence of vertigo

Keywords: *Vertigo, Brandt Daroff physical therapy, Poster*