

IMPROVING BRANDT DAROFF PHYSICAL THERAPY KNOWLEDGE TO RELIEVE VERTIGO SYMPTOMS THROUGH VIDEO

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SUMMARY

Background: Vertigo is a problem that is often encountered in society. Vertigo is a symptom where a person or object is as if is moving or turning, which is usually accompanied by nausea and loss of balance. The use of pharmacological therapy has several side effects so the use non-pharmacological therapy in the form of physical therapy Brandt Daroff is recommended to relieve vertigo symptoms and minimize the use of drugs Brandt Daroff therapy is one of physical therapy or vestibular exercise to treat vestibular disorders such as vertigo can do twice a day. **Method:** Provides information regarding Brandt Daroff physical therapy as an effort to relieve vertigo symptoms. **Result:** The output produced is in the form of media communication, information, education in the form of a video “Relieve Vertigo Symptoms with Brandt Daroff Physical Therapy. **Conclusion:** It is hoped that the output of this video will be useful as a medium of information and education for people experiencing vertigo so that they can applying Brandt Daroff physical therapy independently.

Keyword : *vertigo, brandt daroff physical therapy, video*