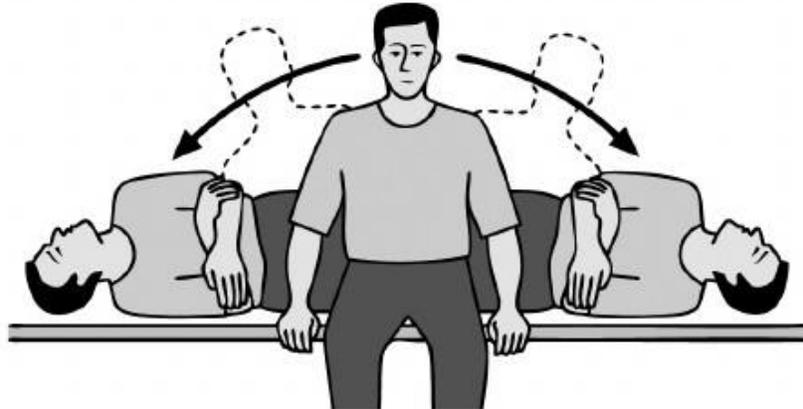


How to do Brandt-Daroff Exercises

For Benign Paroxysmal Positional Vertigo (BPPV)



- 1. Start sitting upright on the edge of the bed.
- 2. Turn your head 45 degrees to the left, or as far as is comfortable.
- 3. Lie down on your right side.
- 4. Remain in this position for 30 seconds or until any dizziness has subsided.
- 5. Sit up and turn head back to centre.
- 6. Turn your head 45 degrees to the right, or as far as is comfortable.
- 7. Lie down on your left side.
- 8. Remain in this position for 30 seconds or until any dizziness has subsided.
- 9. Sit up and turn head back to centre. The above description is one repetition.
- <http://www.ncuh.nhs.uk/our-services/brandt-daroff-exercices-quick-guide.pdf>

The exercises should be performed in a set of **5 repetitions**. They should be performed three times a day for **two weeks**.

Suggested schedule

- Morning 5 repetitions
- Afternoon 5 repetitions
- Evening 5 repetitions

The dizziness should lessen over a period of 2 to 4 weeks.

Prognosis

In most people, complete relief from symptoms is obtained after about 10 days. In approximately 30% of patients, BPPV will recur within one year. If BPPV recurs, you may wish to add one set of exercises to your daily routine.