

Brandt Daroff Exercises for BPPV

The Brandt-Daroff Exercises are designed as a home treatment for Benign Paroxysmal Positional Vertigo - BPPV.

What is BPPV?

BPPV is the acronym for Benign Paroxysmal Positional Vertigo which is often described as a sudden sensation of the world spinning around you or a sudden sensation of your head spinning. BPPV is one of the most common forms of dizziness and is triggered by head movements such as rolling over in bed, laying down or turning your head from side to side.

How does BPPV happen?

BPPV occurs when small calcium deposits inside your inner ear (named otoliths) become dislodged from a part of your inner ear called the utricle and end up in another part of the inner ear called a canal. Most commonly the otoliths will end up in the posterior part of the canal (around 80% of BPPV cases) in which case the **Brandt-Daroff Exercises** will be **effective**. A small percentage of patients will have BPPV in the lateral or horizontal canal. The Brandt-Daroff exercises are ineffective in the treatment of this type of horizontal canal BPPV.

What are the Brandt-Daroff Exercises?

Brandt-Daroff exercises are used as an at-home treatment technique for BPPV of the posterior canal.

Why would you do Brandt-Daroff Exercises?

Brandt-Daroff exercises are given to patients as at home exercises. They can be beneficial in stopping dizzy spells experienced by vertigo sufferers. There are two theories on why the Brandt-Daroff exercises are effective in treating vertigo. One being that the ear crystals which are dislodged are getting relocated onto the utricle, the other is that repeated exposure to dizziness will decrease the intensity of the dizziness via habituation.

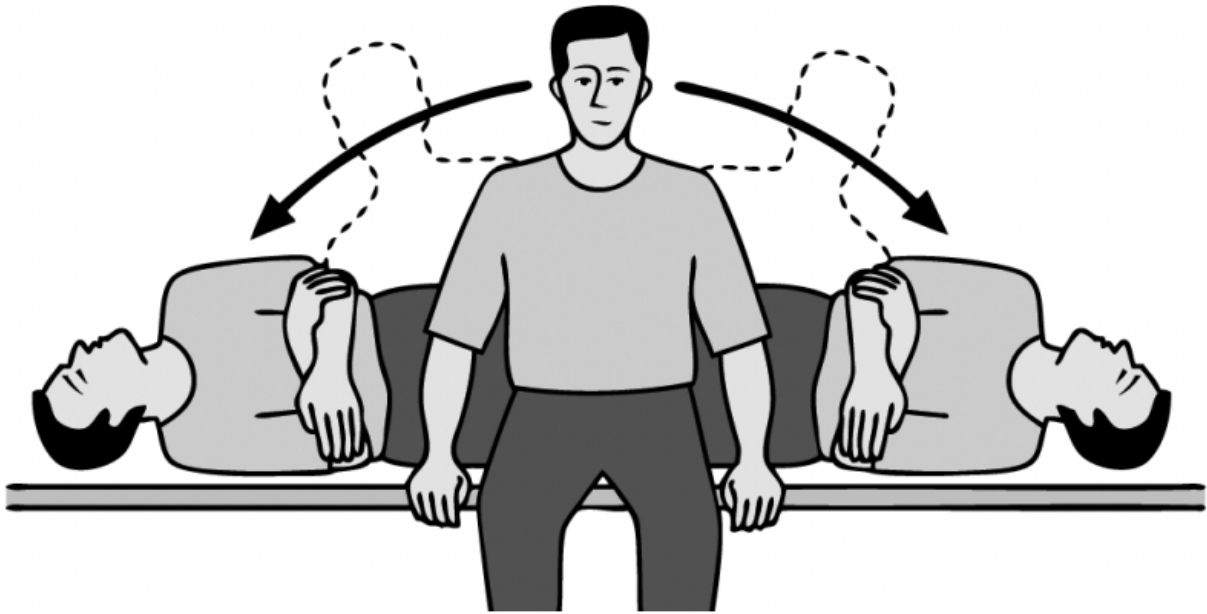
What are the potential risks of Brandt-Daroff exercises?

The Brandt-Daroff exercises will make you dizzy when you do them. Often it takes days to weeks of doing the exercises before your vertigo is treated. Vertigo is a self remitting disease meaning it often gets better after weeks anyway. If the Brandt-Daroff exercises don't work straight away, you are best consulting your dizziness professional at Melbourne Headache Neck & Jaw Clinic to be correctly diagnosed before continuing to do them.

What if they don't work?

For a portion of vertigo sufferers, the Brandt-Daroff exercises take some time to be effective or aren't effective at all. In this case it is best to consult your dizziness professional at Melbourne Headache Neck & Jaw Clinic. There are many types of vertigo and there are many types of treatment techniques which are specific to your type of vertigo. These are hard to test for so it is often essential to be correctly diagnosed. Once we have correctly diagnosed your vertigo it is often an easy fix. Most patients (50-75%) will feel better with one treatment session.

How to complete the Brandt-Daroff Exercises



1. Sit on the edge of your bed
2. Turn your head 45 degrees to one side
3. Lay down quickly but comfortably to the opposite side of head turning
4. Wait for 60 seconds
5. Sit back up
6. Bring head back to the middle
7. Turn head 45 degrees to the other side
8. Lay down quickly but comfortably to the opposite side of head turning
9. Wait for 60 seconds
10. Sit back up

Repeat this sequence 3x each side

The Brandt-Daroff Exercises can be repeated up to 3x per day for around 2 weeks.

Remember if these exercises are not working initially it may be best to consult Melbourne Headache Neck & Jaw Clinic so that one of our dizziness and vertigo professionals can assess you. Often if they are not working the exercise isn't applicable to your type of BPPV. Or in other cases you may have a different type of dizziness that is not BPPV such as vestibular migraine or neck related dizziness.