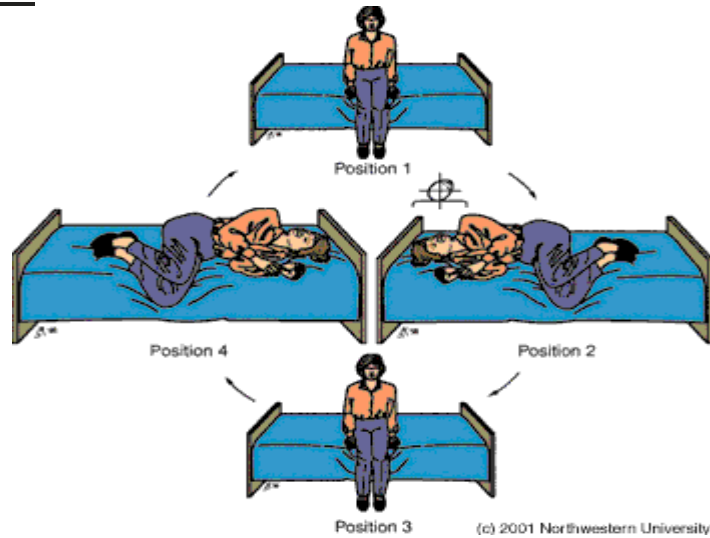


## Brandt-Daroff Positional Exercises for Benign Positional Vertigo

### START in 1 Weeks time



The Brandt-Daroff exercises are another method of treating BPPV, typically used when the office treatment fails. They succeed in 95 percent of cases but are more arduous than the office treatments. These exercises are performed in three sets per day for two weeks. In each set, one performs the manoeuvre below five times. In the initial stages it is permissible to take anti-sickness medication if nausea is a problem. The symptoms of giddiness need to be reproduced by the exercise if any benefit is to occur. If the exercises are done regularly, the symptoms should resolve over a period of several days in most cases.

- A. Sit on the edge of bed, turn head slightly to left side (approximately 45 degrees).
- B. While maintaining this head position, lie down quickly on the right side, so that the back of the head is resting on the bed. Wait for 20 to 30 seconds or for any giddiness to resolve.
- C. Sit up straight, again waiting for 20 to 30 seconds or for any giddiness to resolve.
- D. Turn head slightly to right side and repeat sequence in the opposite direction.
- E. Continue as above for 10 minutes (five or more repetitions to each side).

### Suggested Schedule for Brandt-Daroff exercises

Time	Exercise	Duration
Morning	5 repetitions	10 minutes
Noon	5 repetitions	10 minutes
Evening	5 repetitions	10 minutes

These exercises should be performed for two weeks, three times per day, or for three weeks, twice per day. This adds up to 52 sets in total. In most persons, complete relief from symptoms is obtained after 30 sets, or about 10 days. In approximately 30 percent of patients, BPPV will recur within one year. If BPPV recurs, you may wish to add one 10- minute exercise to your daily routine.

