

# Brandt-Daroff Exercises

Information and advice for patients

## What are Brandt-Daroff exercises?

Brandt-Daroff exercises are used for the treatment of Benign Paroxysmal Positional Vertigo (BPPV). For more information on BPPV please see our separate leaflet on this.

## What is the benefit of doing the exercises?

The exercises can stop the dizzy spells experienced by BPPV sufferers. It is not clear why the exercises work, some evidence suggests that the exercises help to relocate the loose crystals that cause the dizziness in the first place, whereas other evidence suggests that repeated exposure to the feeling of dizziness reduces its intensity.

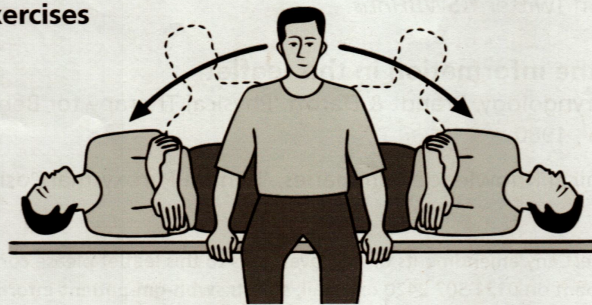
## What are the risks or disadvantages?

The exercises are likely to provoke dizziness, therefore should be performed in a safe environment, preferably with another person present. Some people find it difficult to persevere with the exercises but the exercises have a good success rate.

## Are there any alternatives to performing these exercises?

There are alternative manoeuvres that can be used to treat BPPV, so as an Epley manoeuvre. Your specialist may perform an Epley manoeuvre with you in clinic and then recommend Brandt-Daroff exercises for you to use at home as these are easier to perform unsupervised.

## How to do the exercises



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. The exercises should be performed in a set of 5 repetitions. They should be performed **three times a day for two weeks** (see over for suggested schedule).

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. The exercises should be performed in a set of 5 repetitions. They should be performed **three times a day for two weeks** (see over for suggested schedule).

## Suggested schedule

Morning	5 repetitions	} Everyday for 2 weeks
Afternoon	5 repetitions	
Evening	5 repetitions	

If the dizziness persists after 2 weeks you may require a further appointment.

## Sources used for the information in this leaflet

- Archives of Otolaryngology, Brandt & Daroff 'Physical Therapy for Benign Paroxysmal Positional Vertigo', 1980
- NHS Evidence Clinical Knowledge Summaries, 'Benign Paroxysmal Positional Vertigo', February 2011