

# Brandt-Daroff Exercises

Information and advice for patients

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## What are Brandt-Daroff exercises?

Brandt-Daroff exercises are used for the treatment of Benign Paroxysmal Positional Vertigo (BPPV).

## What is the benefit of doing the exercises?

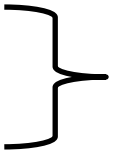
The exercises can stop the dizzy spells experienced by BPPV sufferers. It is not clear why the exercises work. Some evidence suggests that the exercises help to relocate the loose crystals that cause the dizziness in the first place, whereas other evidence suggests that repeated exposure to the feeling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

## What are the risks or disadvantages?

These 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 do have a good success rate.

The exercises described are one repetition. 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 |  | Everyday for 2 weeks |
| Afternoon | 5 repetitions |   |                      |
| Evening   | 5 repetitions |   |                      |

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

## Are there any alternatives to performing these exercises?

There are alternative manoeuvres that can be used to treat BPPV, such as an Epley Manoeuvre. Your Audiologist 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

- Start sitting upright on the edge of the bed.
- Turn your head 45 degrees to the left, or as far as is comfortable.
- Lie down on your right side.
- Remain in this position for 30 seconds or until any dizziness has subsided.
- Sit up and turn head back to centre.
- Turn your head 45 degrees to the right, or as far as is comfortable.
- Lie down on your left side.
- Remain in this position for 30 seconds or until any dizziness has subsided.
- Sit up and turn head back to centre.

If you have any questions or queries, please do not hesitate to contact us:

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General statements that are made in this leaflet do not apply in every case, as each patient is an individual. Your Audiologist will advise you on any specific after care.

Audiology Department

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