

# Brandt-Daroff Exercise for BPPV

## 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?

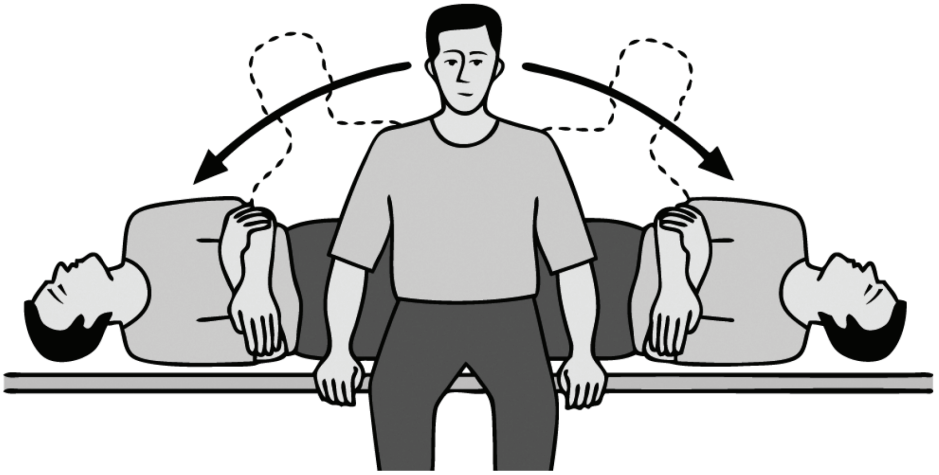
The exercises can stop the dizzy spells experienced by BPPV sufferers. It is not clear why the exercises work, some evidence suggests that the exercises help to relocate the loose crystals that cause the dizziness in the first place, whereas other evidence suggests that repeated exposure to the feeling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

## Where can I get further information?

### **Ménière's Society**

Telephone: [01306 876883](tel:01306876883)

Website: [www.menieres.org.uk](http://www.menieres.org.uk)

### **Brain and Spine Foundation**

Telephone: [0808 8081000](tel:08088081000)

Website: [www.brainandspine.org.uk](http://www.brainandspine.org.uk)

## Who can I contact with any concerns or questions?

If you have any problems or are worried, please do not hesitate to contact us in the Ear, Nose and Throat Outpatient Department.

**Royal Sussex County Hospital: 01273 696955 Ext. 64813**

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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