



Greenville Ear, Nose & Throat

Brandt-Daroff Exercises

Brandt-Daroff exercises help treat a condition called benign paroxysmal positional vertigo (BPPV). They succeed in 95% of cases. (These exercises are more intense than another method used for BPPV called the Epley maneuver.)

Brandt-Daroff exercises should take place three times a day (for a total of three sets) for two weeks. In each set, the exercises are to be performed five times.

1 repetition = 1 maneuver performed on each side (takes 2 minutes)

Suggested Schedule for Brandt-Daroff Exercises		
Time	Exercise	Duration
Morning	5 repetitions	10 minutes
Noon	5 repetitions	10 minutes
Evening	5 repetitions	10 minutes

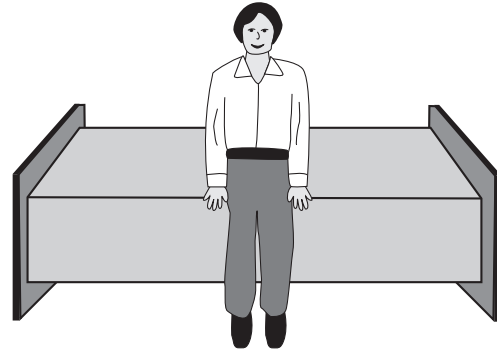
How to Perform the Exercises

Start by sitting upright. Then, move into the side-lying position, with the head angled upward about halfway. An easy way to remember this position is to imagine someone standing about 6 feet in front of you, and you just keep looking at that person's head. Stay in the side-lying position for 30 seconds (or until the dizziness goes away if it takes longer).

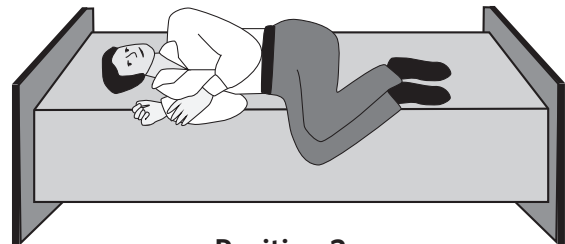
Return to the sitting position. Stay there for 30 seconds, and then go to the opposite side. Follow the same routine on that side.

Perform these exercises three times a day for two weeks. Another option is to do these exercises twice a day for three weeks. Either way, 52 sets total will be performed. In most people, complete relief from symptoms occurs after 30 sets—about 10 days.

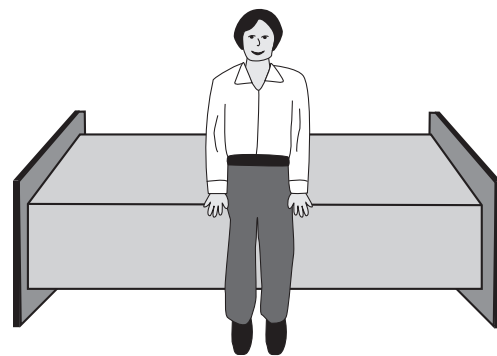
In 30% of patients, BPPV will return within a year. If BPPV recurs, you may wish to add one 10-minute exercise to your daily routine.



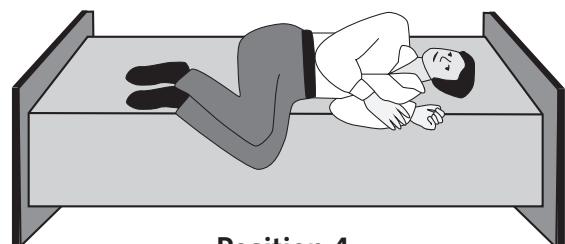
Position 1



Position 2



Position 3



Position 4