

Centre for Hearing and Balance Disorders (Audiology)

Brandt Daroff Exercises

These exercises are a method of treating Benign Paroxysmal Positional Vertigo (BPPV). They will help to treat your symptoms of dizziness.



Sit on the side of your bed and turn your head 45 degrees to the left side (half way between straight ahead and your shoulder). Keeping your head to the side, lie down on your right side so that you are looking up towards the ceiling.



Patient Information

If you experience dizziness in this position wait until it has stopped, then wait another 30 seconds and then sit up.



Whilst sitting up, look straight ahead. If you experience dizziness in this position wait until it has stopped and stay sitting for 30 seconds.

Turn your head 45 degrees to the right and lie down on your left side so that you are looking up towards the ceiling.



If you experience dizziness in this position wait until it has stopped, then wait another 30 seconds and then sit up.



Patient Information

Whilst sitting up, look straight ahead. If you experience dizziness in this position wait until it has stopped and stay sitting for 30 seconds.

Repeat the above stages 3 times in a row.

This exercise should be done twice a day, ideally, once in the morning and once at night. Continue to do this exercise twice a day for two weeks.

We hope you find this information useful however if you have any further questions about this exercise or any comments about this information, please telephone Ann-Marie Hawkins or Bernadette Parker on 024 7696 6444.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6444 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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