

Centre for Hearing and Balance Disorders (Audiology)

Brandt-Daroff exercises

The information in this leaflet should only be used by patients who have been instructed to by the Audiology team at University Hospitals Coventry and Warwickshire NHS Trust.

Do not use this information if you have not been prescribed a vestibular rehabilitation plan that is customised for your needs. This information does not replace professional clinical advice by a qualified practitioner who is a balance specialist.

Please note that you need to be referred to us by a specialist doctor to access our services. You should ask your GP if you need more information about this.

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.

If you have any questions after your appointment, please phone 024 7696 6444 or email audiology.correspondence@uhcw.nhs.uk

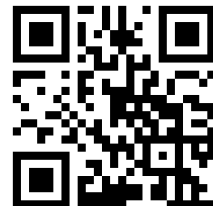
The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6444 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit: www.uhcw.nhs.uk/feedback



Document History

Department:	Audiology
Contact:	26444
Updated:	April 2024
Review:	April 2027
Version:	6
Reference:	HIC/LFT/1155/10