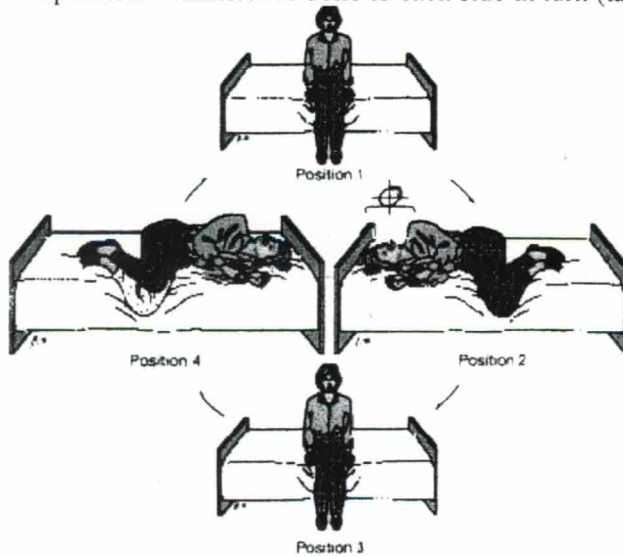


Brandt-Daroff exercises

These exercises are a method of treating Benign Paroxysmal Positional Vertigo (BPPV). They succeed in 95% of cases but are more arduous than the Epley manoeuvre. These exercises are performed in three sets per day for two weeks. In each set, one performs the manoeuvre below five times.

1 repetition = manoeuvre done to each side in turn (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

Start sitting upright. Then move into the side-lying position, with the head angled upward about halfway. An easy way to remember this is to imagine someone standing about 6 feet in front of you, and just keep looking at their head at all times. Stay in the side-lying position for 30 seconds, or until the dizziness subsides if this is longer, then go back to the sitting position. Stay there for 30 seconds, and then go to the opposite side and follow the same routine.

These exercises should be performed for two weeks, three times per day, or for three weeks, twice per day. This adds up to 52 sets in total. In most persons, complete relief from symptoms is obtained after 30 sets, or about 10 days. In approximately 30 percent of patients, BPPV will recur within one year. If BPPV recurs, you may wish to add one 10-minute exercise to your daily routine.