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The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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The Brandt-Daroff Exercise (page 1 of 2)

The Brandt-Daroff exercise is a method of treating benign paroxysmal positional vertigo (BPPV).

What is benign paroxysmal positional vertigo (BPPV)?

BPPV is a condition of the inner ear. It is a common cause of vertigo, especially in older people.

- Benign means that it is not due to cancer or other serious cause. (The symptoms of BPPV may be unpleasant but the underlying cause is not serious.)
- Paroxysmal means 'recurring sudden episodes of symptoms'.
- Positional means that the symptoms are triggered by certain positions. In BPPV it is certain positions of the head that trigger symptoms.
- Vertigo is dizziness with a spinning sensation. If you have vertigo you feel as if the world is spinning around you and you feel very unsteady. Often you will also feel sick and may vomit.

BPPV causes short episodes of vertigo (intense dizziness) when you move your head in certain directions. It is thought to be caused by tiny fragments of debris in the inner ear labyrinth. In many cases the condition clears away on its own after several weeks.

What can be done to help BPPV?

A simple treatment of moving the head into various positions over a few minutes can usually cure the condition. This treatment uses gravity to move the debris away from where it is causing problems.

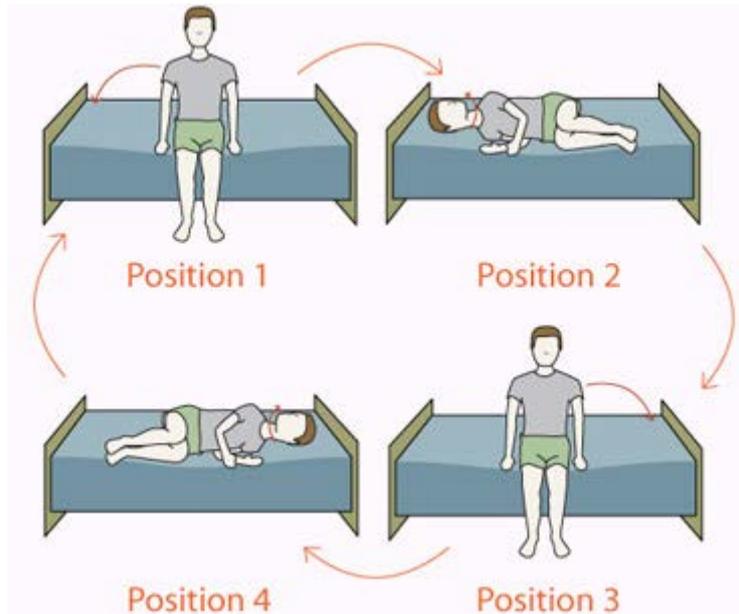
The exercise must be done in both directions, even if an audiologist or ENT specialist has told you that your problem occurs on one side only.

You are likely to feel a sensation of vertigo, especially so on the problem side. This is quite normal and will pass within a few seconds. The more you do the movements; the feeling of vertigo should lessen.

Please see overleaf for a diagram that shows how to do the exercise.

1. The exercise is best done sitting on a bed so you have support (position 1). You should start with the side that provokes vertigo or dizziness.
2. Whilst sitting up, tilt your head to a 45 degree angle away from the side that causes vertigo. Move from a sitting position to lying down on the side that causes vertigo. Stay in this position for at least 30 seconds (position 2).

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3. Then sit up and stay there for 30 seconds keeping your head in the 45 degree angle position as you were lying down. (Position 3)
4. Then turn your head to the opposite direction (in the direction that causes the vertigo) and you then lie down on your side (on the opposite side that causes the vertigo). Hold this position for 30 seconds, then sit up and stay there for 30 seconds (position 4).

How often should I do this exercise?

You need to repeat these movements, one after the other, between 3-5 times, three times a day for up to 14 days or until the vertigo is absent for two days.

Where can I get more information?

Please contact the Audiology Department if you have any problems.