

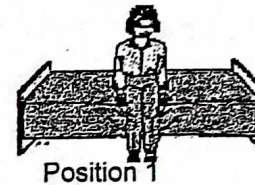
# SELF TREATMENT FOR BENIGN POSITIONAL VERTIGO

## BRANDT-DAROFF EXERCISES

The Brandt-Daroff exercises are a method of treating Benign Positional Vertigo (BPV). They are helpful in 95% of cases. Patients may see an improvement within 1 week. These sets of exercises should be performed three times a day for two weeks. For each set, the exercise should be done five times.

1 set = 5 repetitions of the movement done to each side in turn. Each movement takes 2 minutes. Total time taken for the set of exercises is, therefore, 10 minutes

Start sitting upright (**position 1**)



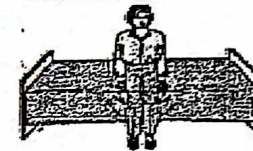
Position 1

Then move into the side-lying position (**position 2**), 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.



Position 2

Then go back to the sitting upright (**position 3**). Stay there for 30 seconds



Position 3

Then turn to the opposite side (**position 4**) and repeat positions 1-3.



Position 4

These exercises should be performed for two weeks, three times per day

In most people, complete relief from symptoms is obtained after about 10 days. In approximately 30% of patients, BPV will recur within one year. If BPV recurs, you may wish to add one set of exercises to your daily routine.