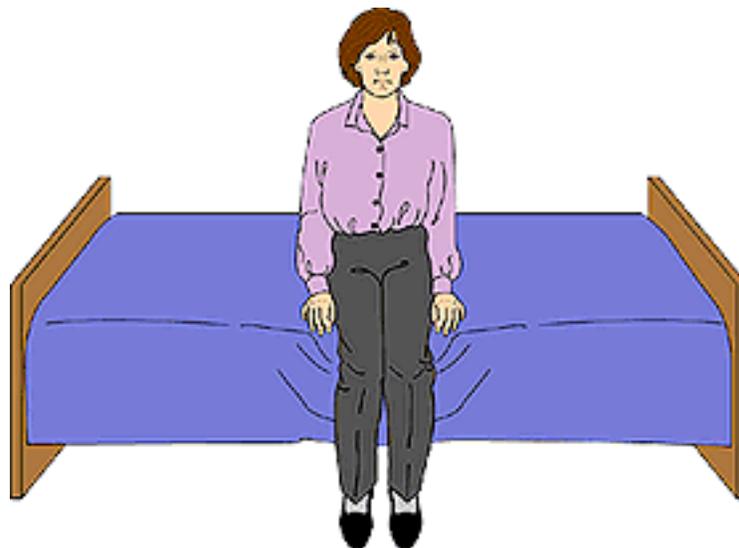
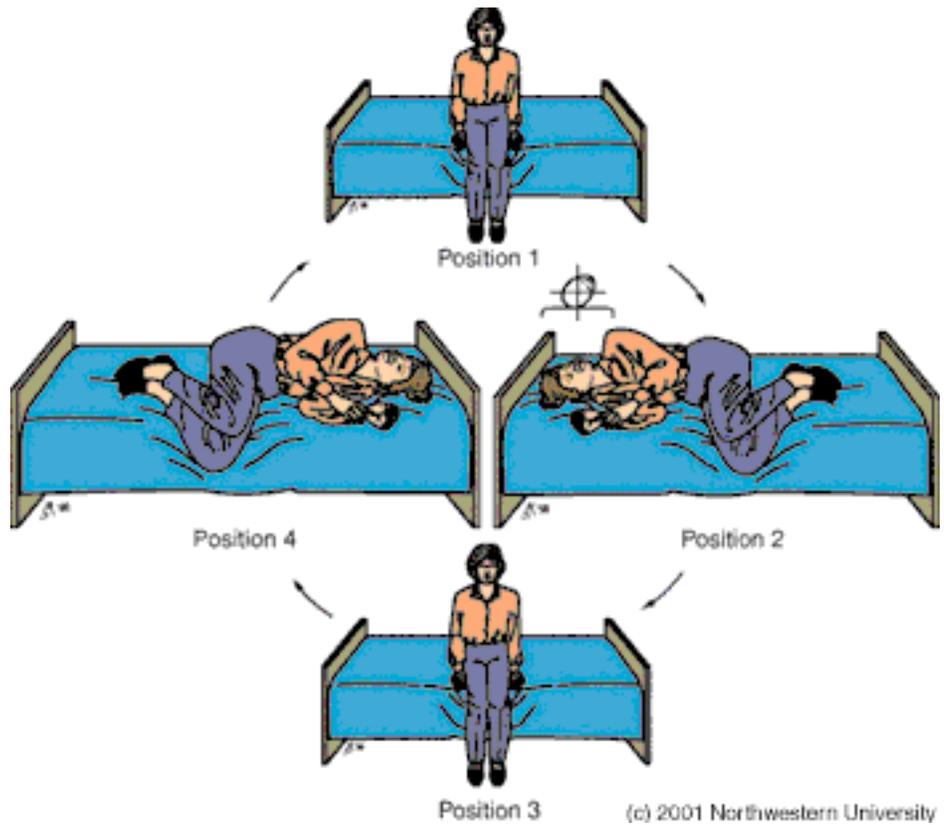


HOME TREATMENT OF BPPV:

BRANDT-DAROFF EXERCISES

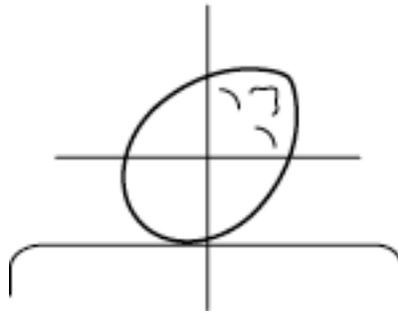
[\[http://www.dizziness-and-balance.com/disorders/bppv/brandt/first.html\]](http://www.dizziness-and-balance.com/disorders/bppv/brandt/first.html)



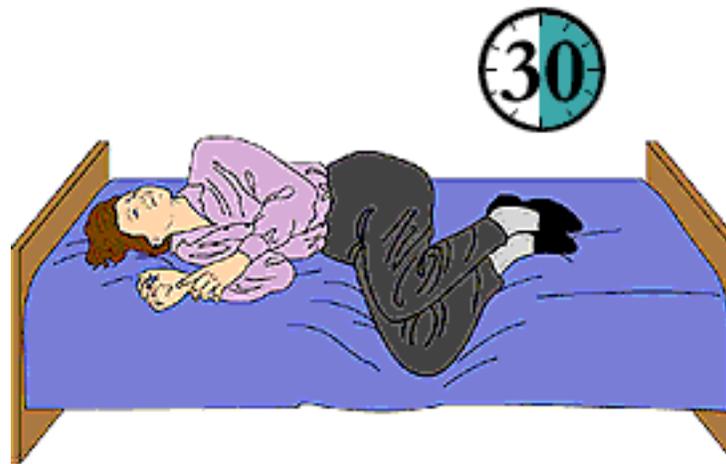
Begin by sitting on your bed in an upright position.



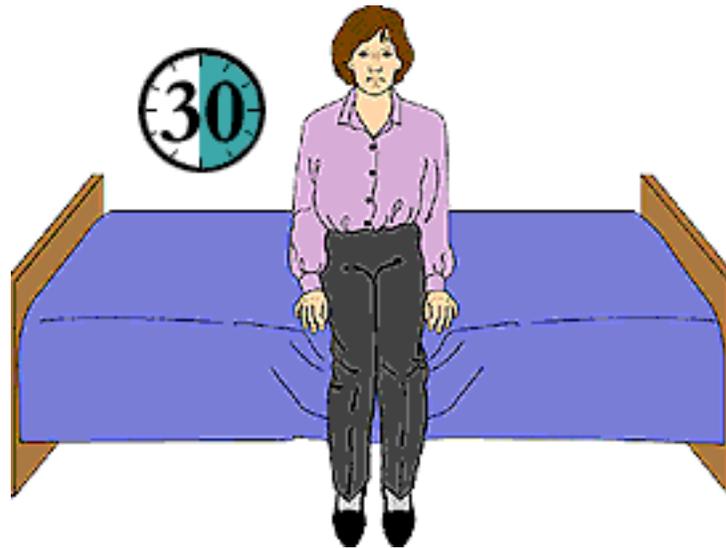
Lie down onto your side. It should take you no more than one or two seconds to get into position



Try to keep your head at a 45-degree angle. An easy way to remember this is to imagine someone standing about six feet in front of you, and just keep looking at the person's head at all times.



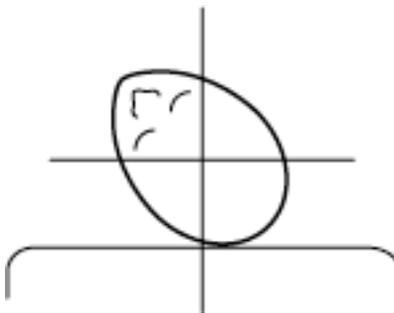
Remain on your side for thirty seconds, or until your dizziness subsides.



Return to an upright position and wait for thirty seconds



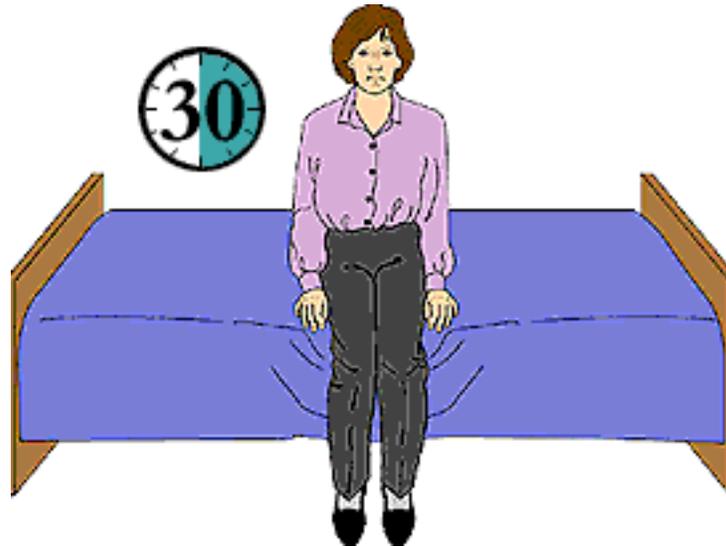
Now lie down onto your other side. Again, it should take you about one or two seconds to get into position.



Remember to keep your head at a 45-degree angle.



Stay down for another thirty seconds, or until your dizziness subsides



Return to an upright position and wait for another thirty seconds.

You have now completed one repetition of the Brandt-Daroff exercise. Five repetitions make up one set. You should do one set of exercises three times daily - once in the morning, again at mid-day and one last time in the evening. Perform the exercises for two weeks. Most patients experience complete relief of their symptoms after ten days. In approximately 30 percent of patients, Benign Paroxysmal Positional Vertigo (BPPV) will recur within one year. If it does, you may wish to add one 10-minute exercise to your daily routine.

The Brandt-Daroff Exercises are a method of treating BPPV, usually used when the office treatment fails. They succeed in 95% of cases but are more arduous than the office treatments. These exercises may take longer than the other maneuvers -- the response rate at one week is about 25% (Radke et al, 1999). These exercises are performed in three sets per day for two weeks. In each set, one performs the maneuver as shown five times.

1 repetition = maneuver 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 (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, then go back to the sitting position (position 3). Stay there for 30 seconds, and then go to the opposite side (position 4) 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 (Amin et al, 1999).

When performing the Brandt-Daroff maneuver, caution is advised should neurological symptoms (i.e. weakness, numbness, visual changes other than vertigo) occur. Occasionally such symptoms are caused by compression of the vertebral arteries (Sakaguchi et al, 2003). In this situation we advise not proceeding with the exercises and consulting ones physician.