



Brandt - Daroff Exercises

The Brandt-Daroff Exercises are a home method of treating BPPV (benign positional vertigo), usually used when the side of BPPV is unclear. Their use has been declining in recent years, as the home Epley maneuver (see below) is considerably more effective. They succeed in 95% of cases but are more arduous than the office treatments. 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 | | |
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| 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 42 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.

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. In this situation we advise not proceeding with the exercises and consulting ones physician.

Again, to perform the Brandt-Daroff exercise:

Start in an upright, seated position.

Move into the lying position on one side with your nose pointed up at about a 45-degree angle.

Remain in this position for about 30 seconds (or until the vertigo subsides, whichever is longer), then move back to the seated position. Repeat on the other side.