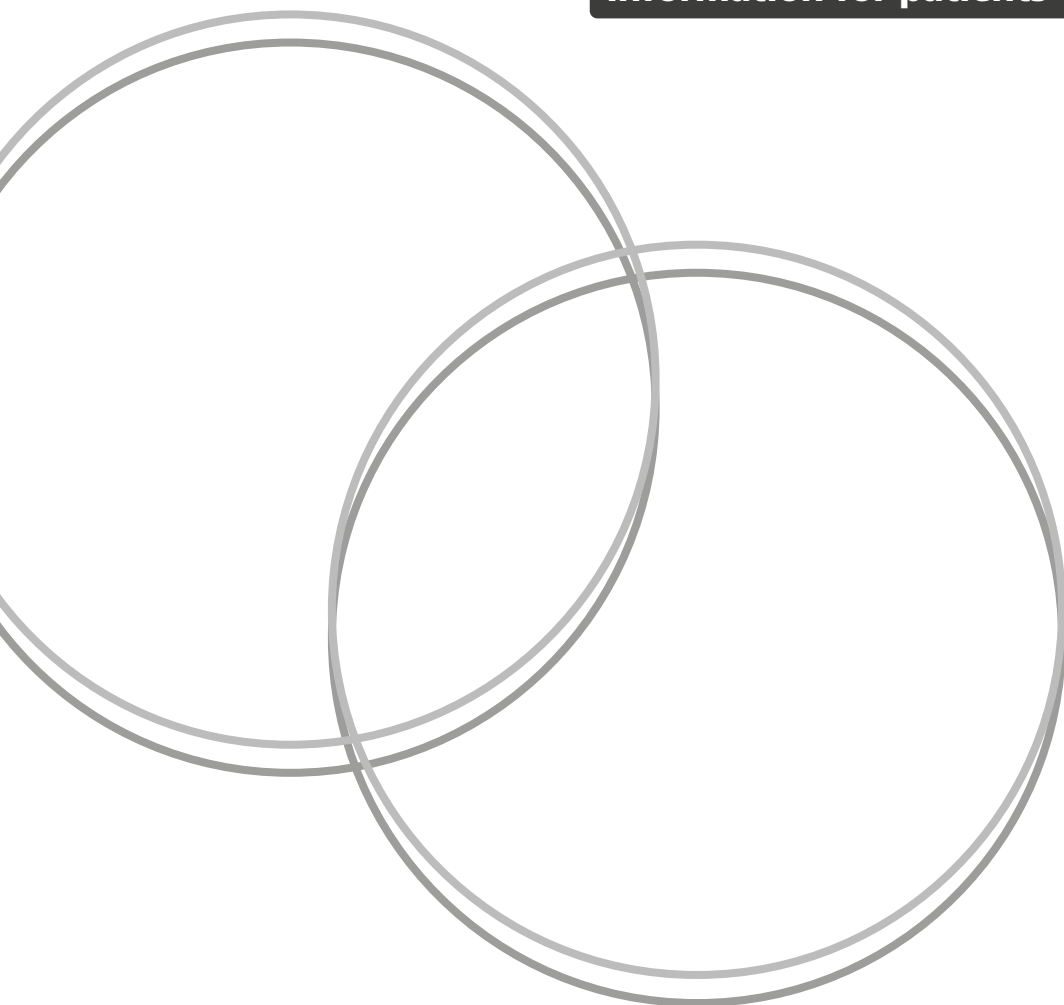




Oxford University Hospitals
NHS Foundation Trust

Brandt-Daroff Exercises

Information for patients



What are Brandt-Daroff Exercises?

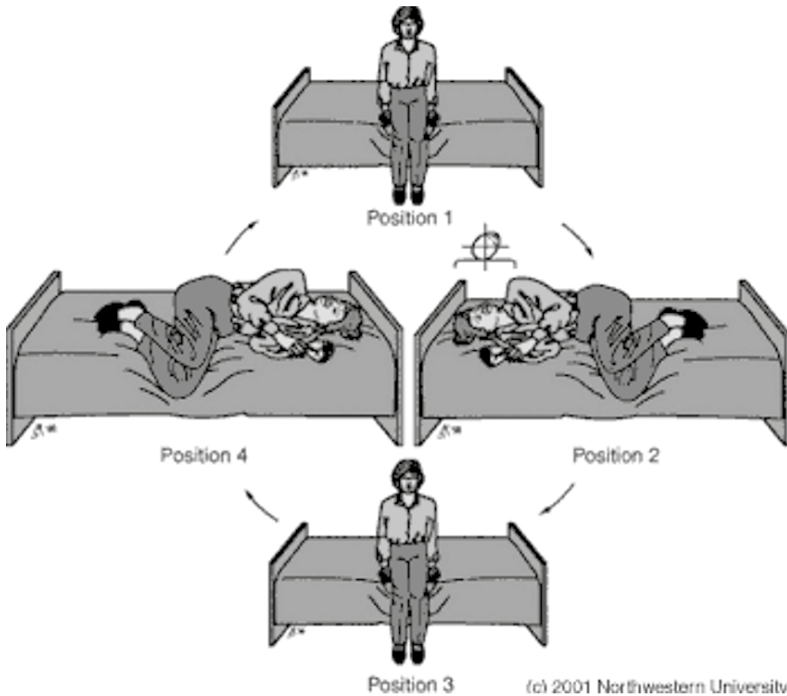
These exercises are a method of treating Benign Paroxysmal Positional Vertigo (BPPV).

The Brandt-Daroff exercises should be performed for two or three weeks and a suggested schedule is as follows;

Time exercise duration:

- Morning 5 repetitions 10 minutes
 - Noon 5 repetitions 10 minutes
 - Evening 5 repetitions 10 minutes
1. Sitting comfortably sideways on, in the middle of your bed (position 1), turn your head 45 degrees to one side.
 2. Keeping your head 45 degrees to one side, lie down sideways on the bed in the opposite direction to the way your head is turned. For example, if your head is turned to the left then lie down onto your right side (position 2).
 3. This movement may provoke a brief sensation of dizziness or vertigo. Stay in this position for 30 seconds or until the dizziness has passed if this is longer.
 4. Return to the sitting position (position 3), staying there for 30 seconds.
 5. Turn your head 45 degrees in the opposite direction to previously and go through the same routine but to the other side. This means keeping your head turned 45 degrees to one side and lying down sideways on the bed to the side opposite to the way your head is turned. For example, if your head is turned to the right then lie down onto your left side (position 4).

6. Again this movement may provoke a brief sensation of dizziness. Stay in this position for 30 seconds or until the dizziness has passed if this is longer.
7. Return to the sitting position (position 1), staying there for 30 seconds.
8. Repeat, as according to your schedule.
9. On completion of your set of exercises ensure you stay sitting on the side of your bed until any dizziness has passed and you feel safe to stand up.



Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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