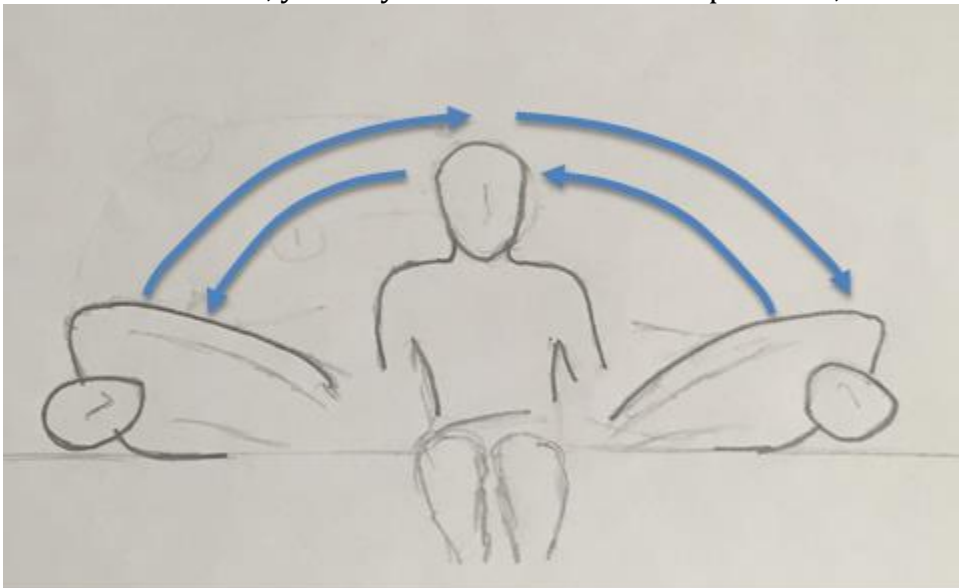


Brandt-Daroff Exercises for Benign Paroxysmal Positional Vertigo (BPPV)

Sit on the edge of your bed, near the middle, with your legs hanging over the side.

1. Quickly lie down onto the right side and turned your head 45 degrees to the left (toward the ceiling). Hold this position for 30 seconds, or until any dizziness passes.
2. Return to the upright position looking straight ahead for 30 seconds.
3. Perform the same maneuver to the left side, with your head rotated towards the right. Hold the position for 30 seconds, or until any dizziness passes.
4. Return to the upright position looking straight ahead, for 30 seconds.

The 4 positions and numbers 1–4 comprise one "set" of the exercises. Complete 5 repetitions of this "set" in 1 sitting. Do this 2-3 times a day for 2-3 weeks. If you have no further symptoms after 1 week of exercises, you may decrease to 3–4 times per week, with only 2 repetitions of a "set".



For a nice description of these exercises online go to:

<http://www.vestibular.org/> (The Vestibular Disorders Association website)

This site has a nice animated depiction of the proper performance of the exercises:

<http://www.dizziness-and-balance.com/>

(The full URL is <http://www.dizziness-and-balance.com/disorders/bppv/bppv.html>)

Or:

<https://journals.sagepub.com/doi/full/10.1177/0194599816689671>