

Contact Information

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If you would like further information regarding BPPV
please see attached link: -

<https://patient.info/health/dizziness/benign-paroxysmal-positional-vertigo>

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Dizziness: Brand-Daroff Exercises

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Why have I been given these exercises?

An assessment has identified that you have Benign Paroxysmal Positional Vertigo (BPPV) which is causing your dizziness.

This can be treated successfully in several ways for example the Epley Manoeuvre or Brandt Daroff Habituation Exercises.

Your clinician has advised that Brandt Daroff exercises are the most appropriate means of treating the symptoms of dizziness you are experiencing. These exercises will help you treat your symptoms of dizziness. This will help to reposition the calcium crystals within the semi-circular canals and will improve your symptoms considerably over the next couple of weeks.

The procedure will only take you approximately 5 minutes to perform.

These exercises may also help if you don't have BPPV but get symptoms of dizziness when you turn your head into certain positions. This can be due to a sensitivity from avoiding these positions due to previous dizziness.

On the next page is a set of instructions on how to perform the exercises. They should be practiced 3 times per day for approximately a week or until you have been clear of dizziness for 3 days.

Instructions for Exercises

- 1) Sit on the edge of your bed or settee.
- 2) Lie down onto the side that causes your dizziness to increase, look towards the ceiling. Stay in this position for 30 seconds.
- 3) Sit upright and then wait for 30 seconds.
- 4) Move rapidly to the opposite side for 30 seconds, this completes the first cycle of the exercise.
- 5) Repeat the above 4 steps twice more.
- 6) Do the exercises 3 times a day, for approximately one week or until you have been clear of dizziness for 3 days.

