

Brandt-Daroff Exercises

Information and advice for patients

Audiology

What are Brandt-Daroff exercises?

Brandt-Daroff exercises are used for the treatment of Benign Paroxysmal Positional Vertigo (BPPV). These exercises are for patients age 18 or over. For more information on BPPV, please see our separate leaflet on this.

What is the benefit of doing the exercises?

The exercises can stop the dizzy spells experienced by BPPV sufferers. It is not clear why the exercises work; some evidence suggests that the exercises help to relocate the loose crystals that cause the dizziness in the first place, whereas other evidence suggests that repeated exposure to the feeling of dizziness reduces its intensity.

What are the risks or disadvantages?

The exercises are likely to provoke dizziness, so should be performed in a safe environment, preferably with another person present. Some people find it difficult to persevere with the exercises, but they have a good success rate.

Are there any alternatives to performing these exercises?

There are alternative manoeuvres that can be used to treat BPPV, such as an Epley manoeuvre. Your specialist may perform an Epley manoeuvre with you in clinic and then recommend Brandt-Daroff exercises for you to use at home as these are easier to perform unsupervised.



You can close your eyes as needed during the exercises if you feel dizzy, but open them when changing position for safety.

How to do the exercises

1. Start sitting upright, on the edge of the bed, in the centre.
2. Turn your head 45 degrees to the left, or as far as is comfortable.
3. Lie down quickly on your right side with your head at the same angle, so you're looking up at the ceiling.
4. Remain in this position for at least 30 seconds or until any dizziness has subsided if this is longer.
5. Quickly sit up and turn head back to centre. Wait here for 30 seconds.
6. Turn your head 45 degrees to the right, or as far as is comfortable.
7. Lie down quickly on your left side with your head at the same angle, so you will be looking up at the ceiling.
8. Remain in this position for at least 30 seconds or until any dizziness has subsided if this is longer.
9. Quickly sit up and turn head back to centre.

The above description is one repetition. 3-4 repetitions should be performed, 3 times a day, until there have been 2 consecutive symptom free days.

Suggested schedule

Morning: 3-4 repetitions

Afternoon: 3-4 repetitions

Evening: 3-4 repetitions

You can stop the exercises once you have been symptom free for 2 consecutive days. If you still feel dizzy after 4 weeks you may require a further appointment.

Contact details

Further appointment or advice about the exercises.

Contact a clinical scientist using the details below:

Tel: 0121 507 4875 or via UK Relay App/ Textphone (prefix 18001)

Lines open Mon-Fri 8.30am-4.15pm (except for Bank holidays)

Email: swb-tr.audiology@nhs.net

Please note, we are only able to offer clinical advice and appointments to patients who have already been assessed in the Sandwell and West Birmingham NHS Trust Balance Clinic. If you have not been seen in our clinic please contact your local healthcare provider or GP for advice.

Further information

For more information about our hospitals and services please see our website www.swbh.nhs.uk, follow us on X @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

Sources used for the information in this leaflet

- Brandt, T. and Daroff, R.B. (1980) 'Physical therapy for benign paroxysmal positional vertigo', *Archives of Otolaryngology*, 106 (8), pp. 484-5.
- National Institute for Health and Care Excellence (2022). *Clinical knowledge summary: benign paroxysmal positional vertigo*. [Online] Available at: <https://cks.nice.org.uk/topics/benign-paroxysmal-positional-vertigo/> [Accessed 8 August 2024].
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