

Physiotherapy

Department of Rehabilitation

Brandt-Daroff Exercise

Introduction:

Brandt-Daroff Exercise can be used as a treatment for Benign Paroxysmal Positional Vertigo (BPPV) or as a habituation exercise for patients with positional vertigo.

Instructions:

- 1. Sit on the edge of the bed
- 2. Lie down sideways to the affected side. Hold this position until symptoms are resolved or for at least 30 seconds
- 3. Sit up straight for 30 seconds
- 4. Lie down sideways to the opposite side (unaffected side). Hold this position until symptoms are resolved or for at least 30 seconds
- 5. Sit up straight for 30 seconds
- 6. Try to repeat this exercise for ___ repetitions, ___ times per day until no symptoms experienced for 2 consecutive days

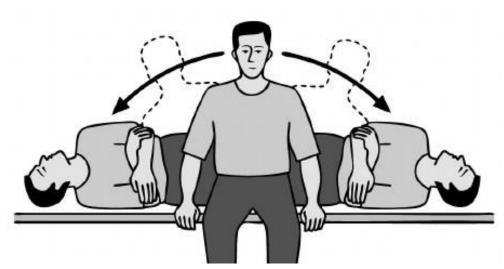


Image: http://www.physiotherapy-treatment.com/

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