

## 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/>

##### Disclaimer:

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.