

Patient information

Brandt and Daroff Exercises

ENT Speciality

The Brandt-Daroff exercises are a series of movements that can help with certain types of dizziness. They are used to treat benign paroxysmal positional vertigo (BPPV) which is a short lasting type of dizziness. BPPV occurs as a result of small crystals of calcium (otoconia) detaching from one part of the balance system and collecting within the semi-circular canals.

The Brandt-Daroff exercises dislodge and break up these crystals relieving the symptoms of dizziness.

- **Position One** : Begin by sitting upright on the bed
- **Position Two**: Lie down onto side. Keep head looking up at 45 degree angle. Imagine someone standing about six feet in front of you, and keep looking at the person's head at all times

Position One



Position Two



- **Position Three**: Return to an upright position and wait 30 seconds
- **Position Four**: Now lie down onto the side. Keep the head at a 45 degree an angle

Position Three



Position Four



This is one cycle Repeat cycle five times to make one set. Repeat three sets per day for 14 days.

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Further information

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