

OCCUPATIONAL THERAPY / PHYSIOTHERAPY DEPARTMENT

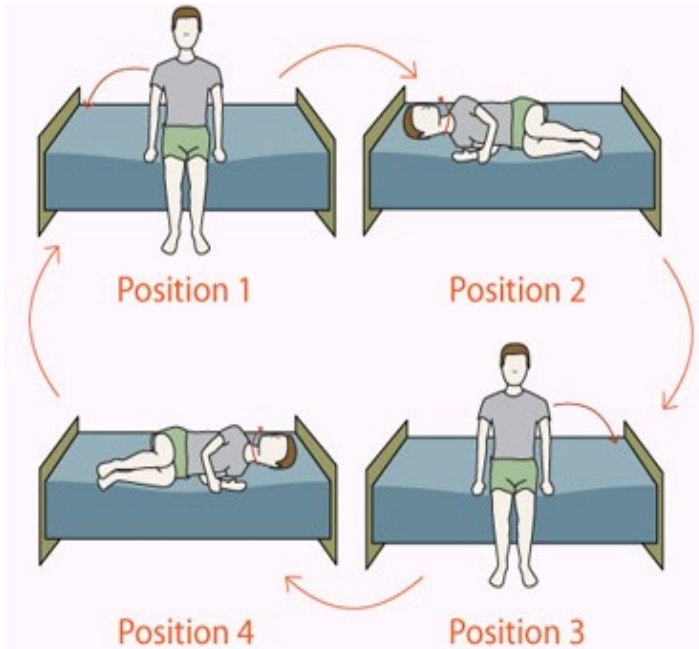
01744 646989

Instructions for Brandt Daroff Exercises

Information leaflet

Allen Day Unit

**St Helens Hospital
Marshalls Cross Road
St Helens WA9 3DA**



Therapist

If you require this document in an alternative format please call the **community** Patient Advice and Liaison Service (PALS) on

0800 073 0578

If you would like to comment on, or know more about Therapy Services, please call

01744 646989

Patient Name:.....

Instructions for Brandt Daroff Habituation Exercises

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

This can be treated successfully by the 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 in your ear and will improve your symptoms considerably over the next couple of weeks. The exercises will take you approximately 15 minutes to perform.

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.

- 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 2 minutes.
- 3.** Sit upright and then wait for 30 seconds.
- 4.** Move rapidly to the opposite side for 2 minutes. This completes the first cycle of the exercise.
- 5.** Repeat the above 4 steps 5 more times.
- 6.** Do the exercises 3 times a day, for approximately one week or until you have been clear of dizziness for 3 days.