

Brandt-Daroff

Exercises for Benign Paroxysmal Positional Vertigo

Sit on the edge of the bed or flat surface with your eyes open, then QUICKLY lie down on your side with your head turned 45 degrees to the opposite side. For example: if you are going to lie down on your left side, you would turn your head 45 degrees to the right and then lie down. This makes it so that when you are lying on your side you are looking up at the ceiling.

Wait at least 20 seconds to see if any symptoms occur. If so, wait until the symptoms have passed, and then in 20 seconds QUICKLY SIT UPRIGHT. Again, wait for any symptoms to occur and subside.

Then repeat the maneuver the opposite direction.

The entire sequence is repeated 3 times and is performed 2 times daily.

Continue to do the exercises until you have two days in a row on which you have no symptoms (vertigo, nausea...)

