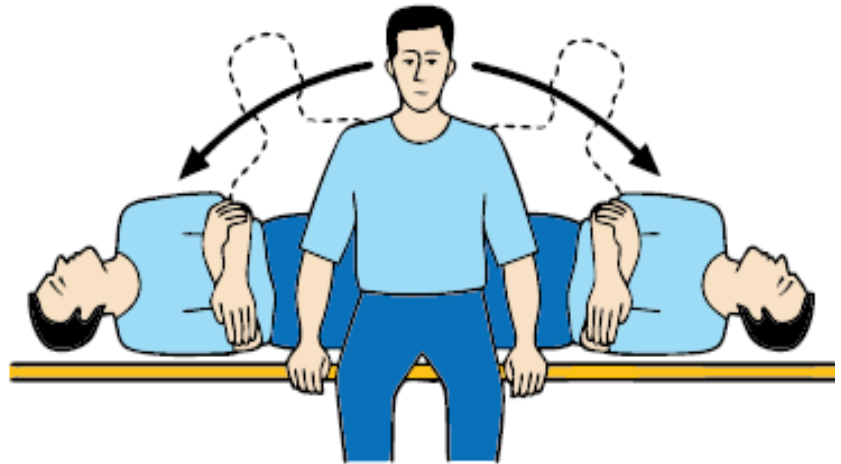


Brandt-Daroff exercises

Brandt-Daroff exercises are used as a simple and non-invasive way to treat vertigo associated with Benign Paroxysmal Positional Vertigo (BPPV).

1. Sit on the edge of the bed. Turn your head 45 degrees to the left. Lie down quickly on the right side. Ensure the back of your head rests on the bed. Wait 20–30 seconds or until the dizziness stops.



2. Sit upright. Wait 20–30 seconds for any dizziness to settle.

3. Repeat on the other side. Turn your head 45 degrees to the right before lying down quickly on the left side.

Image courtesy of the Victorian Department of Health

4. Sit upright. Wait 20–30 seconds for any dizziness to settle.

5. Repeat this cycle five times on each side (takes about 10 minutes). Repeat three times a day.

The symptoms of dizziness need to be reproduced by the exercises if any benefit is to occur. In the initial stages it is permissible to take anti-sickness medication if nausea is a problem.

If the exercises are performed regularly, the symptoms should resolve over a period of several days in most cases. If exercises have been recommended, it is important to persist with the treatment.

If your symptoms do not resolve, please contact a medical professional.

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