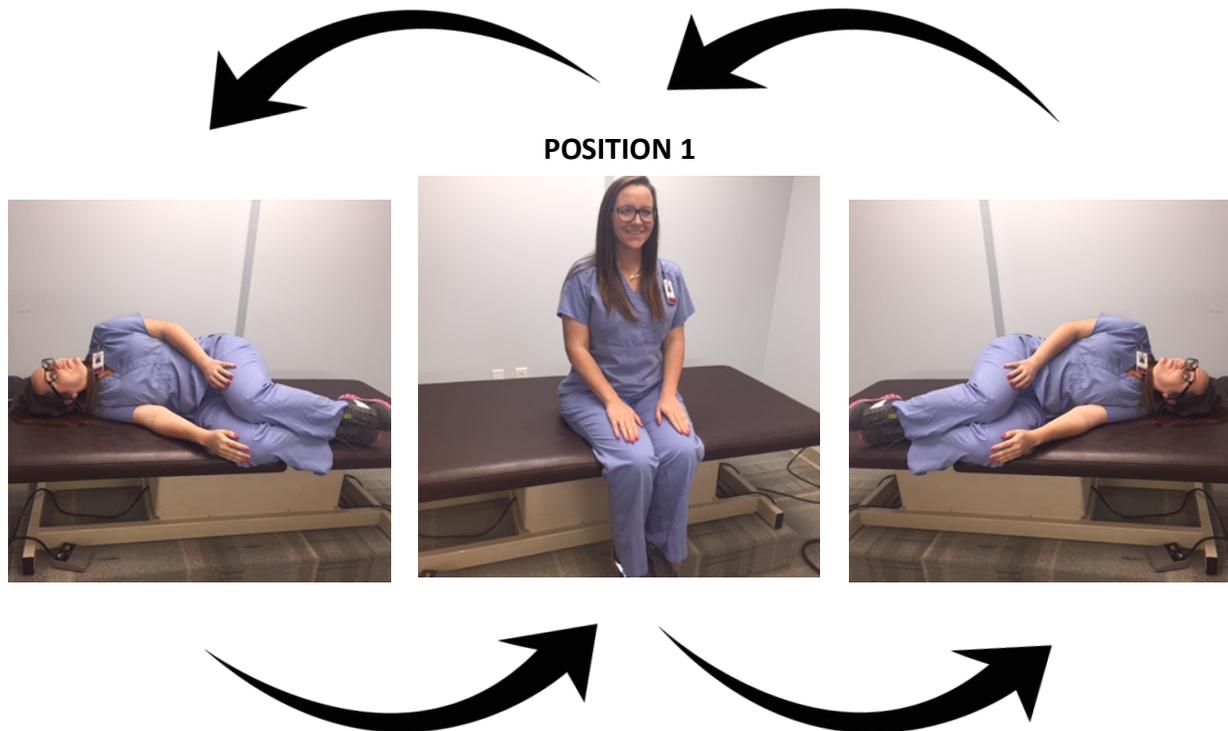


## BRANDT-DAROFF EXERCISES



To complete ONE CYCLE:

- 1) Begin by sitting upright on a bed.
- 2) Quickly lie down onto one side while also turning your head to a 45 degree angle as you lower yourself onto the bed. Make sure that you are looking up at the ceiling. Take no more than 1-2 seconds to go from sitting to laying.
- 3) Keep your head looking up at a 45 degree angle as you hold this laying position for 30 seconds, or until dizziness subsides.
- 4) Return to an upright position and face forward. Stay in this position for 30 seconds.
- 5) Now lie down onto the opposite side. Again, you should be turning your head up to a 45 degree angle to look up at the ceiling as you lie down. It should take no more than 1-2 seconds to go from sitting to the laying position.
- 6) Remain lying on this side for 30 seconds, or until dizziness subsides.
- 7) Return to an upright position and face forward. Stay in this position for 30 seconds.

**THIS IS ONE CYCLE. REPEAT CYCLE FIVE TIMES TO MAKE ONE SET.**

**REPEAT THREE SETS PER DAY FOR 14 DAYS.**

## **What is BPPV?**

BPPV or Benign Paroxysmal Positional Vertigo is one of the most common disorders of the inner ear that results in vertigo. It is due to particles that have collected in the fluid filled inner ear. These particles float in the fluid and will occasionally touch a sensitive area resulting in the sensation of vertigo. The name of this disorder is derived from the fact that BPPV is benign (not life threatening), paroxysmal (dizziness occurs suddenly and is generally brief) and it is positional (dizziness occurs with particular head positions).

### **What are the symptoms of BPPV?**

The symptoms can vary in each person but are generally brought on by movement or position changes of the head. Laying back, tilting the head backwards or rolling over in bed are common “problem” motions. Although many people feel normal when not in a stimulating position, some do have a sensation of imbalance. The symptoms can last for days, months or occasionally forever. In some the dizziness can come back after it resolves completely.

### **What causes BPPV?**

In most people, BPPV occurs for no apparent reason (idiopathic). In a small group of people it occurs after a head injury.

### **How is the diagnosis made?**

Your doctor will make the diagnosis based on your symptoms, physical examination and the results of your hearing and balance tests. Occasionally other tests may be required.

### **How is BPPV treated?**

1. The particle repositioning maneuver can be performed in the office by your physician. In this maneuver, the particles are placed in an unimportant part of the inner ear. You will be asked to lie on your back with your head turned towards the “bad” side which will make you temporarily dizzy. Then your head (along with your body) is rotated around towards the “good” ear. To increase the success of the maneuver, you will be asked to:
  - a. Sleep upright as best you can for 48 hours. Use of a recliner or pillows is beneficial.
  - b. For one week, avoid the movements that have caused dizziness such as bending over, moving your head quickly or laying on the bad ear.
  - c. A soft cervical collar can be used as a reminder for you to avoid quick motions and particular positions.