

Vertigo

(BPPV – Brandt-Daroff Exercise)



This leaflet was compiled by the RIE Physiotherapy Department, in association with the Patient Information Leaflet Group, NHS Lothian Physiotherapy Service.

This leaflet should only be used by specific individuals following physiotherapy assessment. If you have any concerns please approach your physiotherapist.

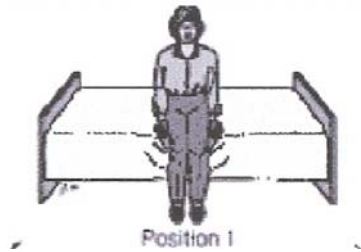
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Ref: Lothian.BPPV BDE. June 2012

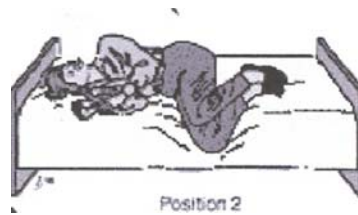
**Information and exercise
guide for patients**

Physiotherapy service

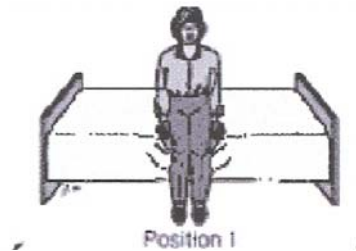
Sitting down on a firm surface or bed which allows you to lie down on either side (without moving your bottom).



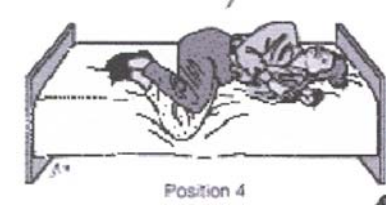
1. Close your eyes to reduce vertigo
2. Turn your head 45° to one side
3. Quickly lie down to the opposite side with head turned so that the region behind the ear touches the bed



4. Maintain this and every subsequent position for about 30-60 seconds, until the dizziness stops
5. Sit up again and wait for 30 seconds



6. Quickly lie down to other side after turning head 45° towards the opposite side



7. Sit up again and wait for 30 seconds
8. Repeat steps 1 - 7
9. Repeat the above six times
10. Repeat exercise session at least three times daily, e.g. morning, noon and evening
11. This exercise should be performed for two weeks. **Most people will feel relief from symptoms after 30 sets, or about 10 days.**

Note: Do **not** continue with this exercise if you **continue** to feel worse.