



Brandt-Daroff Exercises.

Overview

The **Brandt-Daroff** exercises are a series of movements which may help with certain types of Vertigo.

They are often used to treat **Benign Paroxysmal Positional Vertigo (BPPV)**, which makes you suddenly feel dizzy. These periods of dizziness can vary in how severe they are and how often they happen.

BPPV happens when small calcium carbonate crystals formed in your ears' otolith organs break free and move in to the semi-circular canals of your ears. This sends mixed signals to your brain about your body's position, causing dizziness.

The Brandt-Daroff exercises can dislodge and break up these crystals, relieving symptoms of dizziness and light-headedness.

How to Perform Brandt-Daroff Exercises

1. Start by sitting down on the edge of a couch or bed.
2. Lie down onto your left side, turning your head to look up as you do so. Try to do both of these movements within 1 – 2 seconds. Keep your head looking up at a 45-degree angle for about 30 seconds.
3. Sit up for 30 seconds.
4. Repeat these steps on your right side.
5. Do these four more times, for a total of five repetitions on each side.
6. Sit up. You may feel dizzy or light-headed, which is normal. Wait for it to pass before you stand up.

Try to do one set of the Brandt-Daroff exercises in the morning, afternoon and evening. Each set with its five repetitions should take about 10 minutes. To get results, try to do this for 14 days after having an episode of vertigo.

Benefits and Success Rate for Brandt-Daroff Exercises.

Brandt-Daroff exercises are effective for 80% of people. Approximately, 30% had their symptoms eventually return.