

## Patient education

# Management of benign positional vertigo

Benign positional vertigo is caused by abnormal clumps of debris collecting in one of the fluid filled balance canals of the inner ear. Brandt-Daroff exercises are designed to break up this material and unblock the canal. These exercises should be performed three times per day. The symptoms of dizziness need to be reproduced by the

exercises for any benefit to occur. If the exercises are done regularly, the symptoms should resolve in most cases over a period of several days.

## Step 1

Sit on edge of bed, turn head slightly to left side (approximately 45 degrees)



## Step 2

Lie down quickly on right side (so that the back of the head rather than the front is resting on the bed). Wait for 20–30 seconds or for any dizziness to resolve



## Step 3

Sit up straight, again waiting for 20–30 seconds or for any dizziness to resolve



## Step 4

Turn head slightly to right side and repeat sequence in opposite direction



Continue as above for 10 minutes (five or more repetitions to each side)