

Benign paroxysmal positional vertigo (BPPV) Brandt-Daroff exercises

ENT Patient information

What is BPPV?

BPPV is the most common cause of vertigo. Vertigo is a feeling of the room spinning around you or feeling like the inside your head is spinning. This may feel like you are on a roundabout. When you are lying down it may feel like you are falling. BPPV is usually caused by specific head movements.

Movements that may induce BPPV are:

- lying flat, then sitting up from lying flat
- turning over in bed
- looking up e.g. hanging washing or bending down to pick something up, especially if also looking to the side

The vertigo usually only lasts around 5-30 seconds. However, it can last up to two minutes.

BPPV can cause mild to severe dizziness.

At least half of people with BPPV will get better without treatment, however this can take months to resolve.

Is there anything I can do to help resolve the BPPV?

There are exercises available to help resolve the BPPV. These are known as the Brandt- Daroff. These exercises are successful in 95% of people.

Below is a suggested structure of how often to perform these exercises and how long for.

Three times a day for two weeks

OR

Two times a day for three weeks

This adds up to 52 sets of exercises in total.

Most people experience complete relief from symptoms after 30 sets or about 10 days. In approximately one in three patients, BPPV will reoccur within one year. If BPPV recurs, you may wish to add one 10-minute exercise to your daily routine.

Here is a suggested timetable:?

Time exercise duration		
Morning	Five repetitions	10 minutes
Noon	Five repetitions	10 minutes
Evening	Five repetitions	10 minutes

What are the exercises?

Ensure you are sitting comfortably upright, sat back in the middle of the bed.

1. **(Position 1)** turn your head towards one of your shoulders.



2. **(Position 2)** keeping your head facing that shoulder, lie down sideways on the bed in the opposite direction to the way your head is turned.

For example, if your head is turned to the left, lie down on your right side.

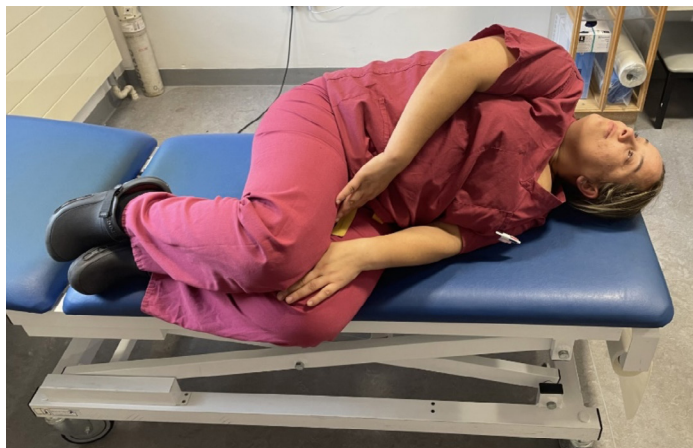


3. This movement may cause a brief sensation of dizziness or vertigo. Stay in **(Position 2)** for 30 seconds or until the dizziness has passed if this is longer than 30 seconds.

4. **(Position 3)** return to the sitting position, staying there for 30 seconds.



- 5. (Position 4) turn your head towards the opposite shoulder previously used and go through the same routine but to the other side.** This means keeping your head turned towards your shoulder and lying down sideways on the bed to the side opposite to the way your head is turned. For example, if your head is turned to the right, then lie down on your left side.



- 6.** Again, this movement may provoke a brief sensation of dizziness. Stay in this position for 30 seconds or until the dizziness has passed if this is longer than 30 seconds.



- 8.** Repeat, as according to the timetable above.
- 9.** Once you have completed your set of exercises, make sure you stay sitting on the side of your bed until any dizziness has passed and you feel safe to stand up.

Who do I contact if I have questions?

If you have any questions regarding BPPV, please contact the clinician who gave you the leaflet.

They can be contacted via their secretary - the contact number will be on the top of your clinic letter.

For more information visit:

www.menieres.org.uk/information-and-support/symptoms-and-conditions/bppv

www.entuk.org/patients/conditions/90/bppv_and_home_epley_manoeuvre

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