

Managing Vertigo

A Guide to the Brandt-Daroff Exercises



Regaining balance and independence from the comfort of home.

Understanding the Sensation: What is BPPV?

Benign Paroxysmal Positional Vertigo (BPPV) is a common cause of dizziness.

Benign: Not life-threatening.

Paroxysmal: Happens in sudden, short bursts.

Positional: Triggered by specific head or body movements.

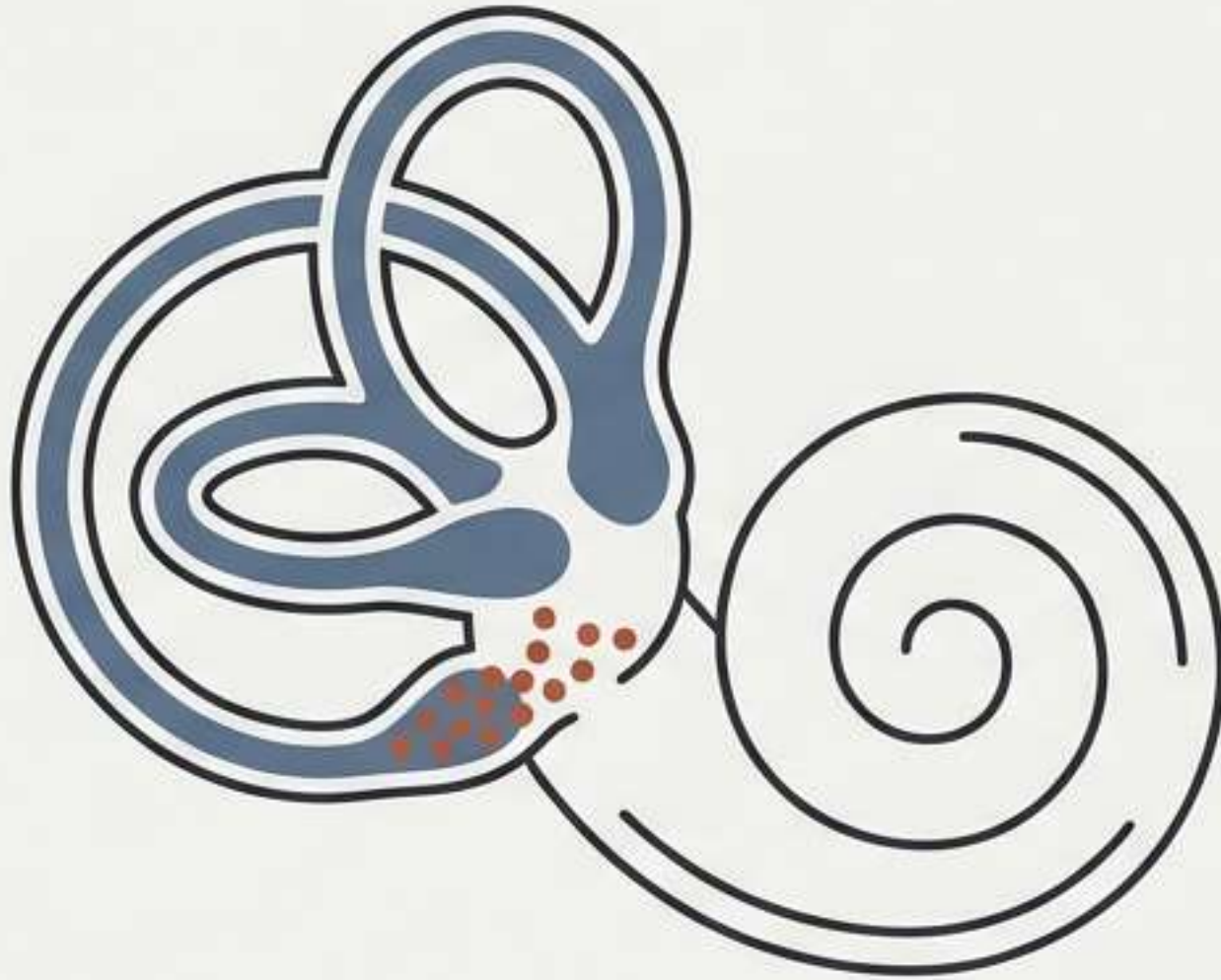
Vertigo: A distinct spinning sensation.

Common Symptoms

- Brief episodes of intense spinning
- Nausea
- Dizziness when turning in bed, looking up, or bending down
- Temporary unsteadiness

Note: More common in middle-aged and older adults, but can affect all ages.

A False Alarm in the Inner Ear



The Anatomy:

Inside your inner ear, tiny calcium crystals help control balance. BPPV occurs when these crystals become dislodged and move into the semicircular canals.

The Mechanism:

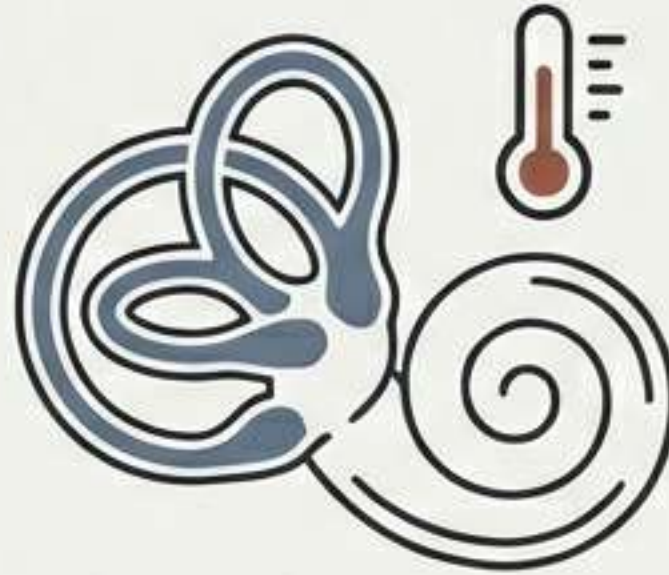
When you move your head, these shifted crystals cause the brain to receive false signals of movement. This mismatch between reality and your inner ear creates the spinning sensation.

Why Do the Crystals Shift?

For most people, there is no clear cause. It is a mechanical issue, not a disease.



Minor Head Injury



Inner Ear Infection



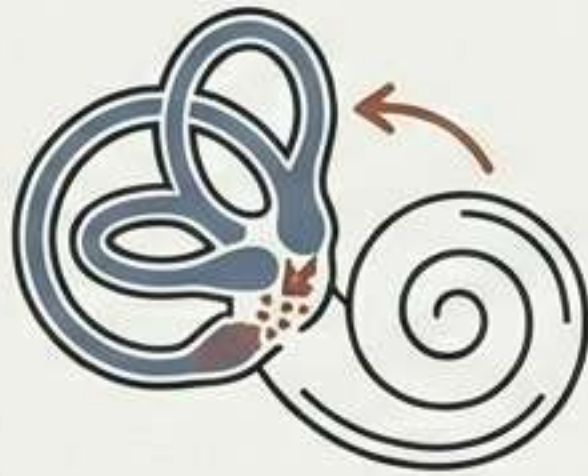
**Unknown Cause
(Most Common)**

BPPV usually affects one ear, though occasionally it can affect both.

The Solution: Brandt-Daroff Exercises

These are a home-based treatment designed for self-management. They are simple, safe, and effective.

Theory 1: Repositioning



The movements help move the loose crystals back to where they belong.

Theory 2: Habituation



Repeated exposure helps the brain reduce its sensitivity to dizziness.

Comparison: While a healthcare professional might perform the Epley manoeuvre, Brandt-Daroff exercises are specifically designed for you to perform independently.

Preparation and Safety Before You Start



Environment: Perform in a safe space (e.g., on a bed) where you cannot fall.



Support: Have someone nearby the first few times you try this.

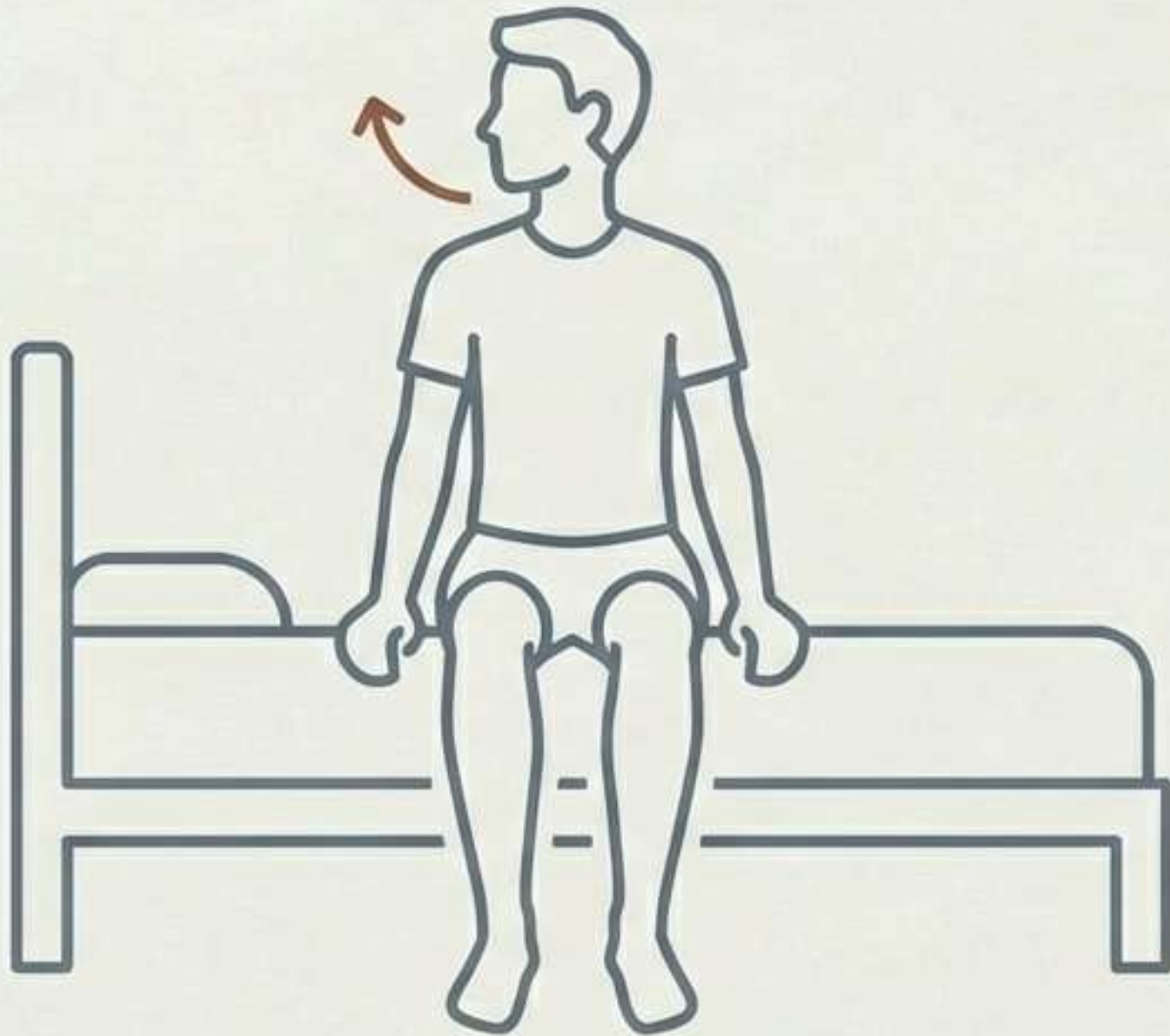


Expectation: Expect temporary dizziness. This is normal and part of the process.

The Sequence Overview



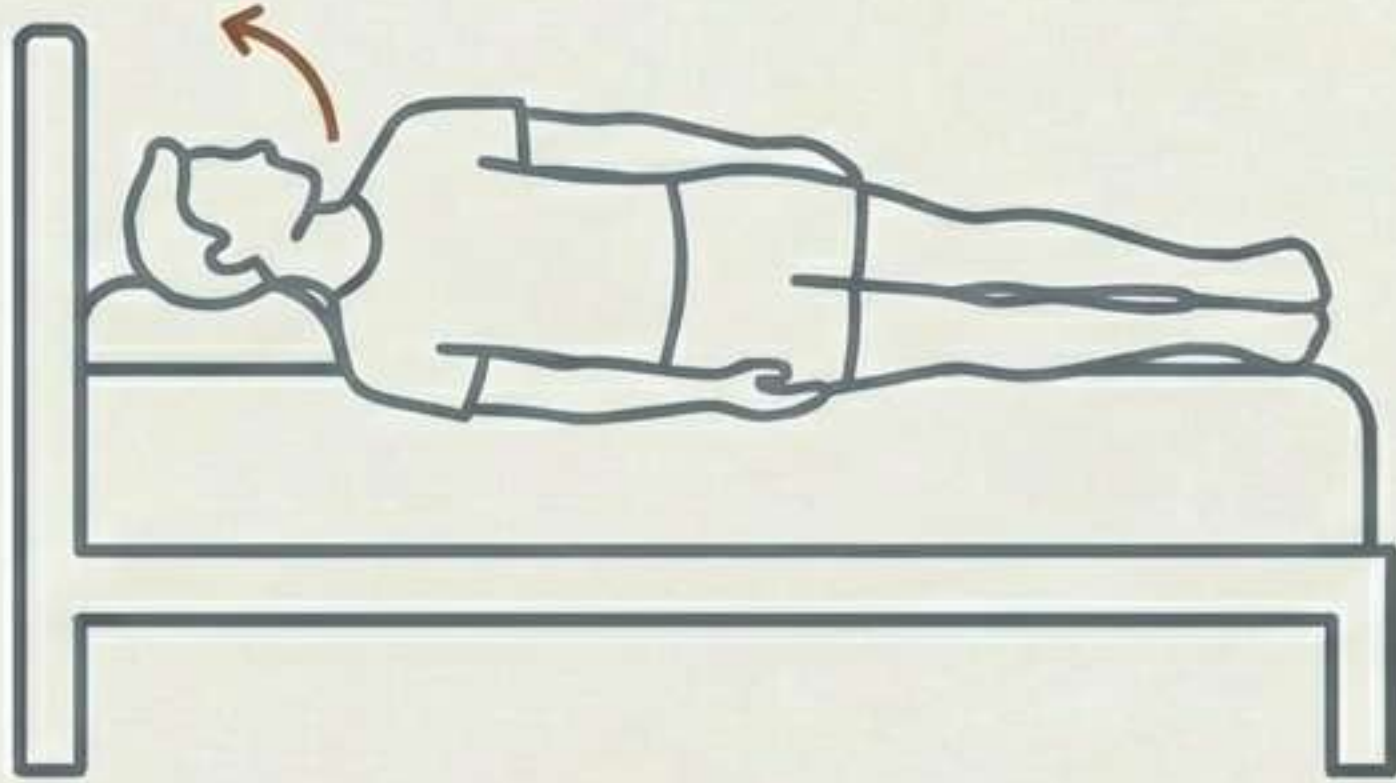
This sequence constitutes **one complete repetition**.
We will now break down each movement.



Step 1: The Setup

Sit upright on the edge of your bed.

Turn your head **45 degrees to the LEFT.**

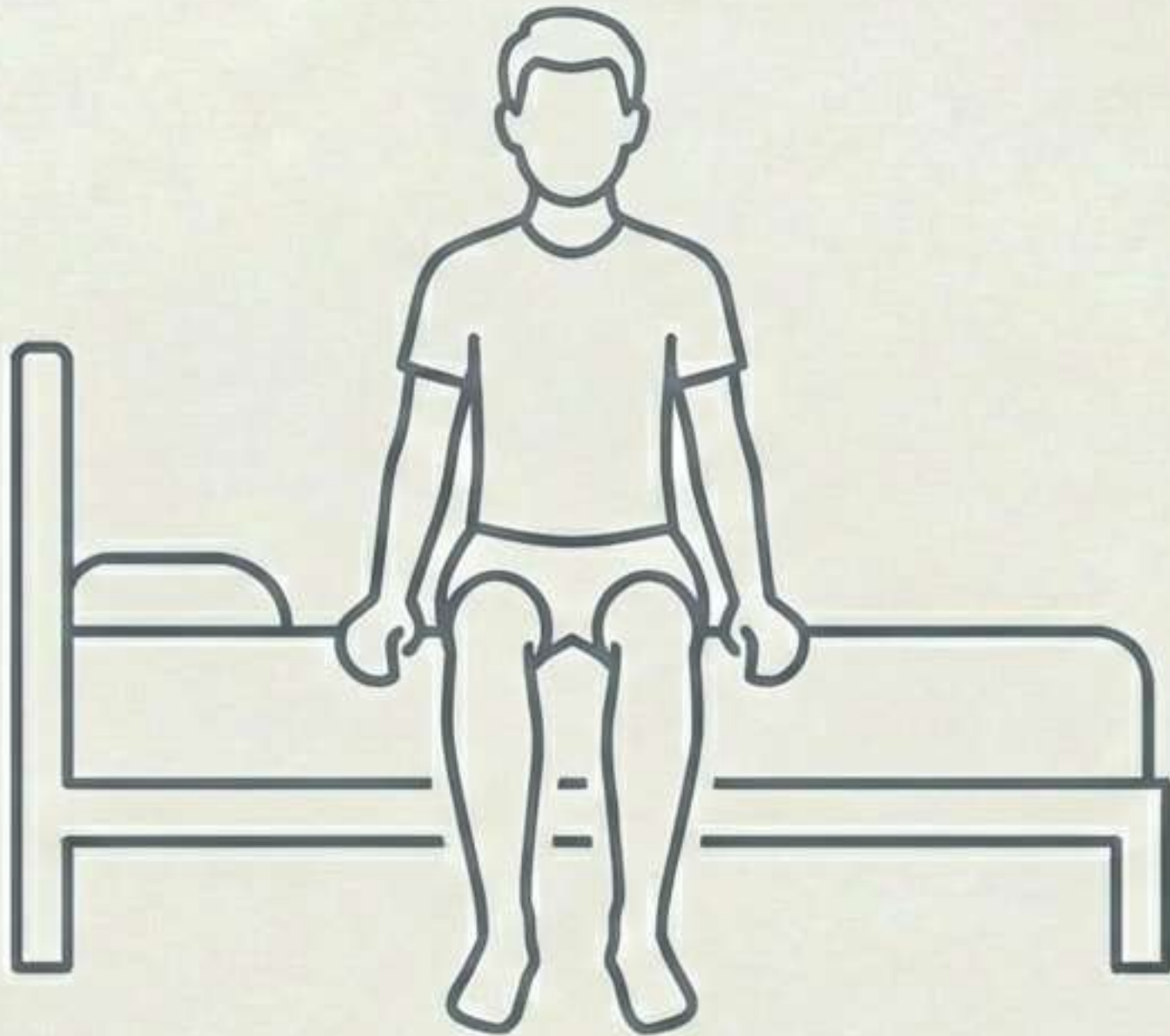


Step 2: The Right Drop

While keeping your head turned left, **QUICKLY** lie down on your **RIGHT** side.

Stay in this position for **30 seconds** OR until the dizziness stops.





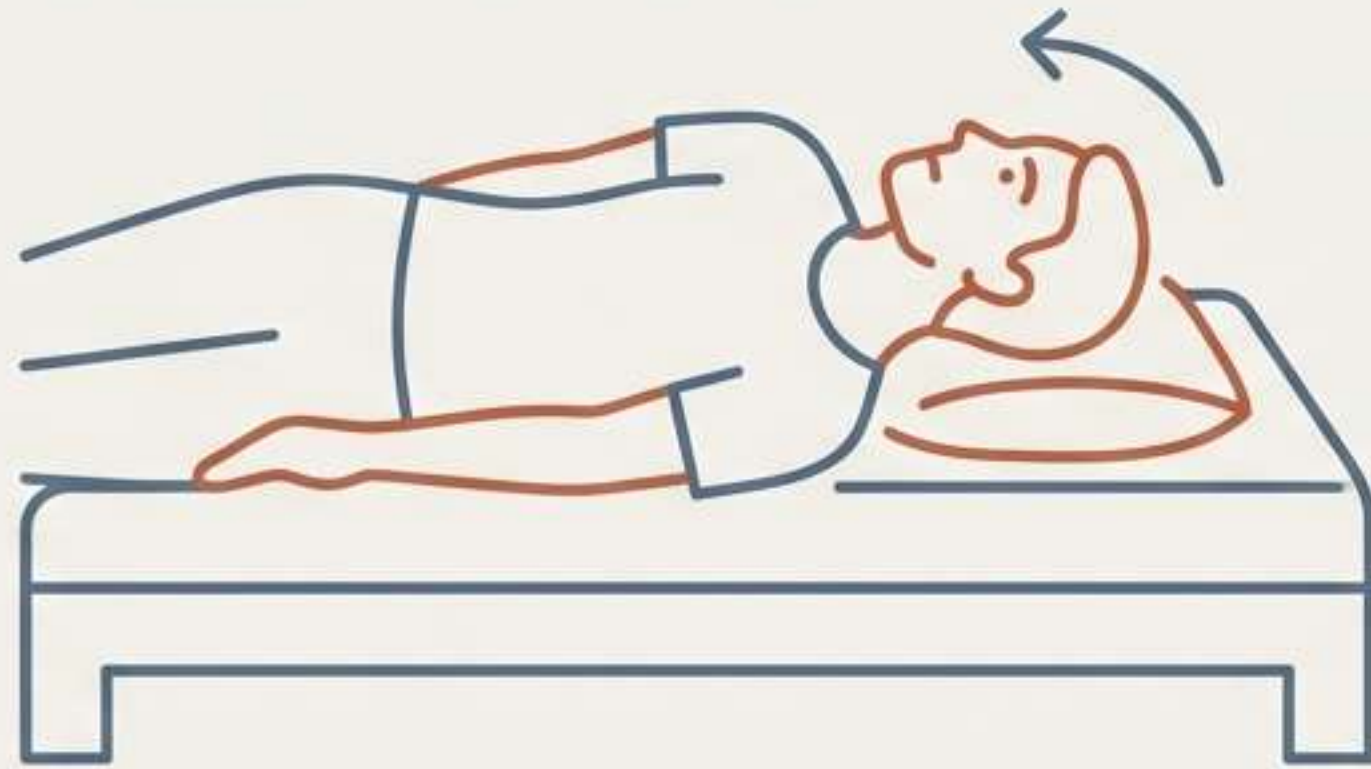
Step 3: The Center Reset

Sit upright again.

Wait for **30 seconds**.



Allow the inner ear to settle before the next movement.



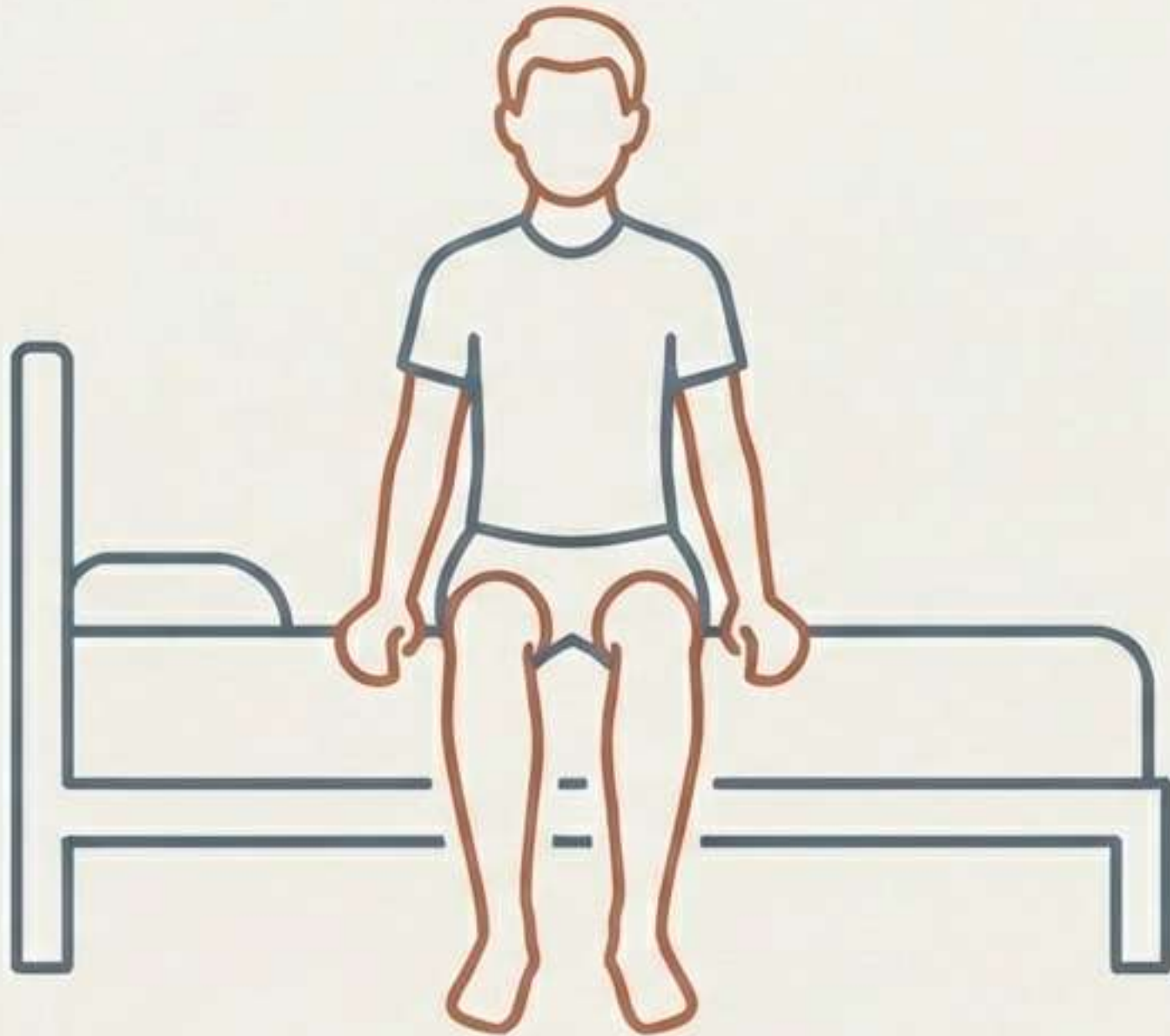
Step 4: The Left Drop

Turn your head **45 degrees to the RIGHT**.

QUICKLY lie down on your **LEFT** side.

Stay in this position for **30 seconds** OR until the dizziness stops.





Step 5: Complete the Repetition

Sit upright.

Wait for **30 seconds**.

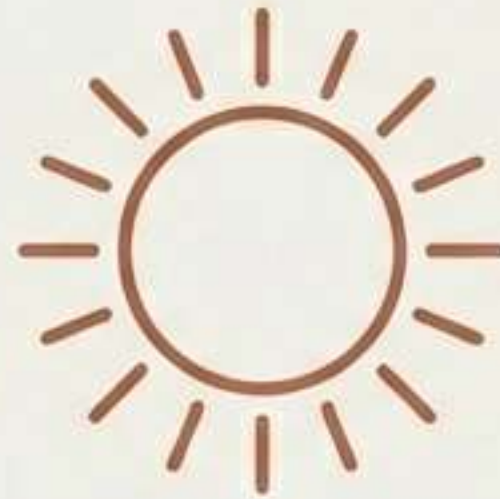
That completes one full repetition.



The Schedule for Success



Morning



Afternoon



Evening

The Prescription: Perform **5 repetitions** per session.

Duration: Continue for **2 weeks**.

Time Commitment: Each session takes approximately 10 minutes.

Immediate Aftercare & Safety

Dizziness during the exercises is a sign they are working, but safety is paramount.

- **1. Stay seated after completing a session until you feel fully steady.**
- **2. Avoid standing up quickly.**
- **3. Stop immediately if symptoms become unusually severe or you feel unsafe.**

The Road Ahead

Brandt-Daroff exercises have a good success rate when performed consistently.

When to Seek Further Advice

- • If dizziness continues after 2 weeks of exercises.
- • If symptoms worsen.
- • If you feel unsafe performing the movements.

In these cases, a healthcare professional may reassess you or recommend alternative treatment.