

Home Treatment of Benign Paroxysmal Positional Vertigo (BPPV)

INTRODUCTION

BPPV is a common condition that results in **dizziness** related to head or body position. Some patients also experience feelings of **lightheadedness, imbalance, nausea** and, rarely, vomiting. The balance organs in the inner ear contain small crystals (otoconia) that are usually embedded in part of the balance organ called the utricle. In BPPV the otoconia become dislodged from the utricle and fall into one of the three fluid-filled balance canals. When the head is moved in relation to the body this fluid moves, stimulating the balance organ. When otoconia are present in the fluid the balance organ will be abnormally stimulated by movements of your head or body, resulting in symptoms of dizziness.

BPPV can occur spontaneously or as the result of a head injury or due to an inner ear infection or virus. In most patients the cause of BPPV is unclear.

The treatment of first choice for BPPV is a Particle Repositioning Manoeuvre (PRM). This involves moving your head and body through a series of movements, supervised by the clinician. This is designed to move the otoconia particles back into the utricle.

'Brandt-Daroff' Exercises

The 'Brandt-Daroff' exercises are an additional method for treating BPPV. Around 95% of those using them succeed in significantly reducing or completely removing their dizziness. These exercises do take a little longer than some of the other methods but can be very effective if done properly.

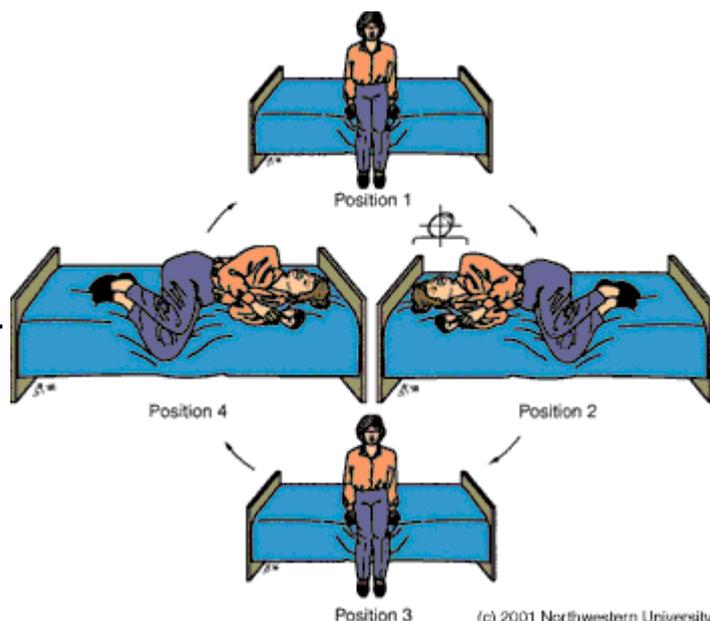
The course of treatment consists of repeating the exercise procedure 3 times a day, with at least 3 hours between. Each set of exercises should last around 10 minutes. You should therefore only need to spend 30 minutes per day doing the exercises.

Suggested program for 'Brandt-Daroff' exercises

TIME	EXERCISES	DURATION
Morning	5 Exercises	10 Minutes
Noon	5 Exercises	10 Minutes
Evening	5 Exercises	10 Minutes

ONE exercise comprises the following:

1. Start by sitting upright on a bed or couch, looking straight ahead (position 1)
2. Lie onto the side the audiologist has told you is affected (position 2).
3. As you do this, turn your head half way to your OPPOSITE side.
4. Lie in this position, keeping your head half way towards the opposite shoulder.
5. Stay here for 30 seconds or until any dizziness has completely disappeared.
6. Move back to the upright position, looking straight ahead (position 3).
7. Stay here for 30 seconds.
8. Lie on the other side, looking half way to the OPPOSITE side, as before (position 4).
9. Stay here for 30 seconds, or until any dizziness has completely disappeared.
10. Move back to the upright position, looking straight ahead.



Wait for 30 seconds before you do it again.

This exercise must be performed 5 times consecutively, 3 times a day, as detailed in the program above. You will probably feel dizzy for the first 2-3 exercises of a set of 5, although the dizziness will lessen every time.

Do this every day, until you have had 2 dizzy free days. This is usually less than 2 weeks.

The exercises work by gradually dispersing the particles in your semi-circular canals and encouraging them to float back into the otolithic organs. It also helps your brain compensate for the particles effectively making your ear tell your brain your head is moving further than it actually is.

If you are unclear on any aspect of the exercises, please phone us on: **01480 847465**

Please do not attempt anything that you are not comfortable with and check with your audiologist if you are unsure.

This Information leaflet has been reviewed and approved by the Audiology Patient Panel. If you would like to get involved, please leave your contact details with a member of the reception staff.



If you require this leaflet in another format for example LARGE PRINT, Audio format or another language, please ask your audiologist, a member of reception, or contact the department

[Document History](#)

Authors: Audiology Department **Department:** Audiology Department, Hinchingbrooke Hospital, Hinchingbrooke Park, Huntingdon, Cambridgeshire, PE29 6NT. <https://www.nwangliaft.nhs.uk/a-z-of-services/a/audiology/>

Contact number: 01480 847465 **Publish/Review date:** May 2013/June 2021



This leaflet is printed on recycled paper.