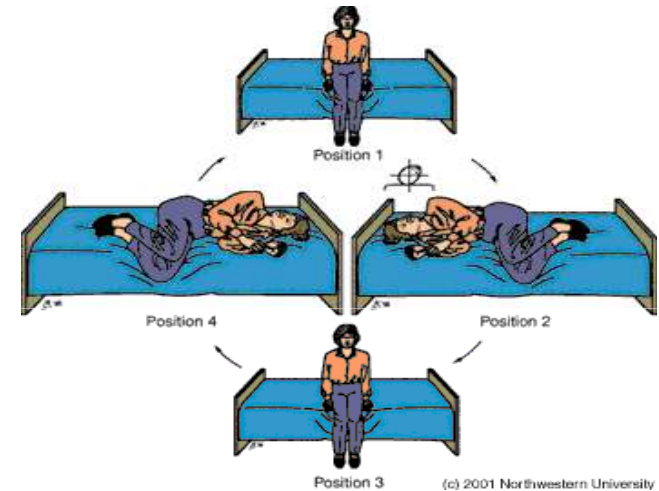


Brandt & Daroff exercises – Quick Guide

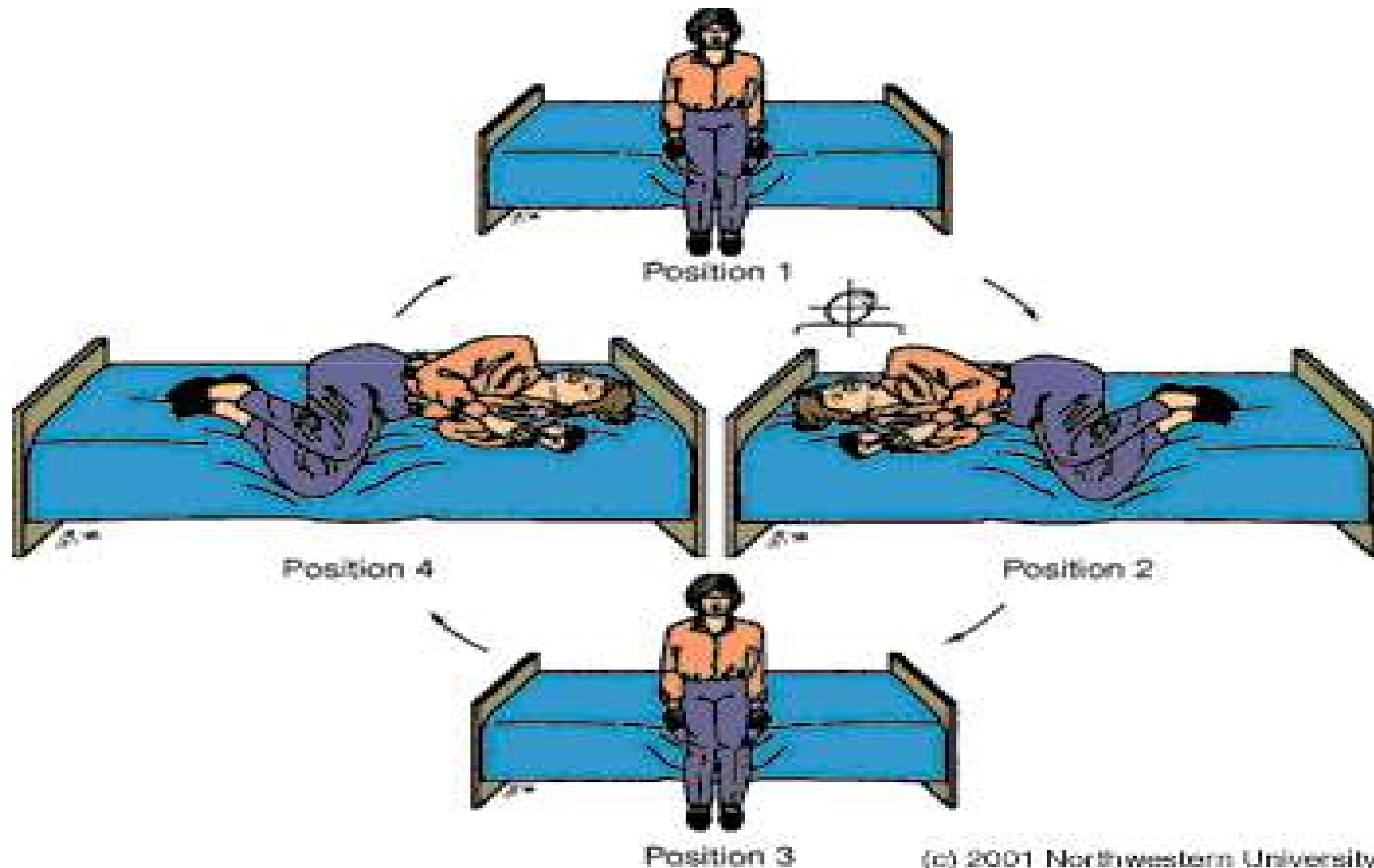
- See also separate patient handout

Brandt & Daroff Exercises

- Can be done at home
- High success rate
- Breaks up “crystals”
- Arduous:
 - 3 sets per day for 2 weeks
 - 1 set = 5 repetitions of the exercise
 - Each set takes 10 minutes
- See following slides for detail



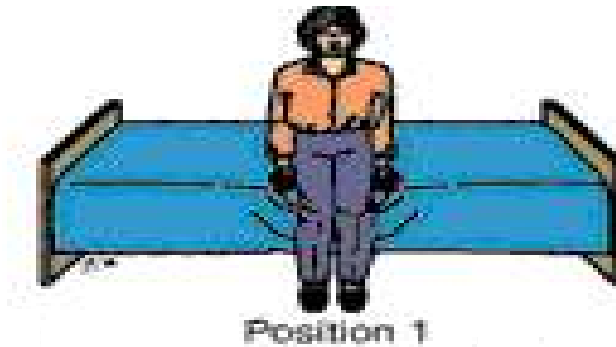
Brandt & Daroff Exercises



Brandt & Daroff Exercises

- Begin by sitting upright on bed (**position 1** above)
- Lie down onto side. Take no more than 1-2 seconds to do this
- Keep head looking up at 45 degree angle. Imagine someone standing about six feet in front of you, and keep looking at the person's head at all times (**position 2**)
- Remain on this side for thirty seconds, or until dizziness subsides.
- Return to an upright position and wait for thirty seconds (**position 3**)
- Now lie down onto the other side. Again, it should take one or two seconds to get into position
- Keep the head at a 45 degree angle (**position 4**)
- Stay down for another thirty seconds, or until vertigo subsides
- Return to an upright position and wait for another thirty seconds.

Brandt & Daroff Exercises

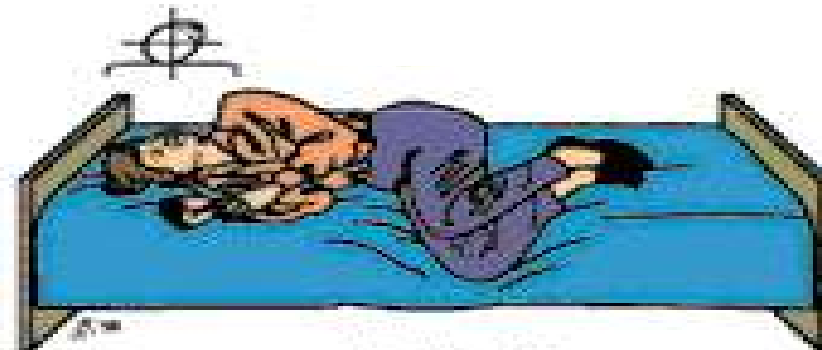


Begin by sitting upright on bed (**position 1** above)

Brandt & Daroff Exercises

Lie down onto side.
Take no more than 1-2 seconds to do this

Keep head looking up at 45 degree angle.
Imagine someone standing about six feet
in front of you, and keep looking at the
person's head at all times (**position 2**)

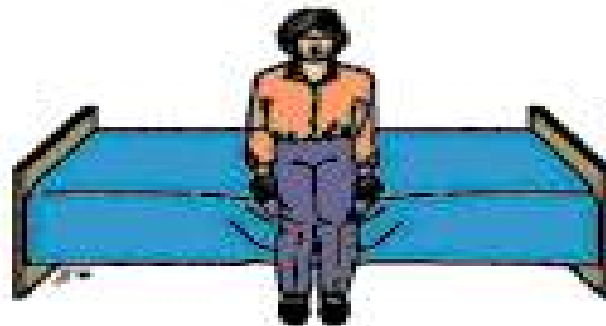


Position 2

Remain on this side for thirty seconds, or until dizziness subsides

Brandt & Daroff Exercises

Return to an upright position and wait for thirty seconds (**position 3**)

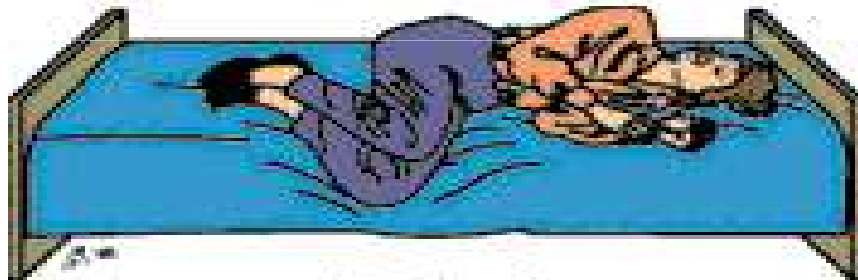


Position 3

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Brandt & Daroff Exercises

Now lie down onto the other side.
Again, it should take only one or two seconds to get into position

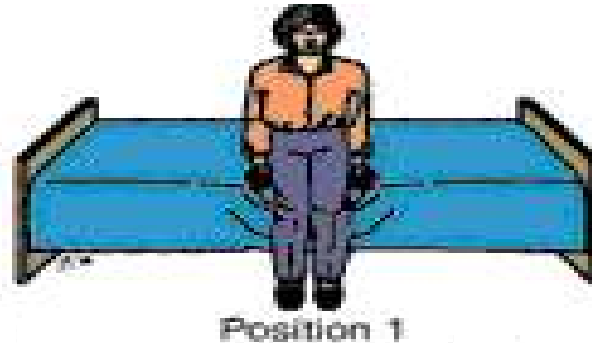


Position 4

Keep the head looking up
at a 45 degree angle
(position 4)

Stay down for another thirty seconds,
or until vertigo subsides

Brandt & Daroff Exercises



Return to an upright position and wait for another thirty seconds.
(**position 1** again)

This is one cycle
Repeat cycle 5 times to make one set.
Repeat 3 sets per day for 14 days.