

# Brandt-Daroff Exercises for Dizziness and Vertigo



The purpose of these exercises is to allow the brain and vestibular system to adapt to challenging head and body movements, a process called habituation. The exercise is intended to provoke your dizziness and vertigo symptoms and shall be performed repeatedly, several times per day for best results.

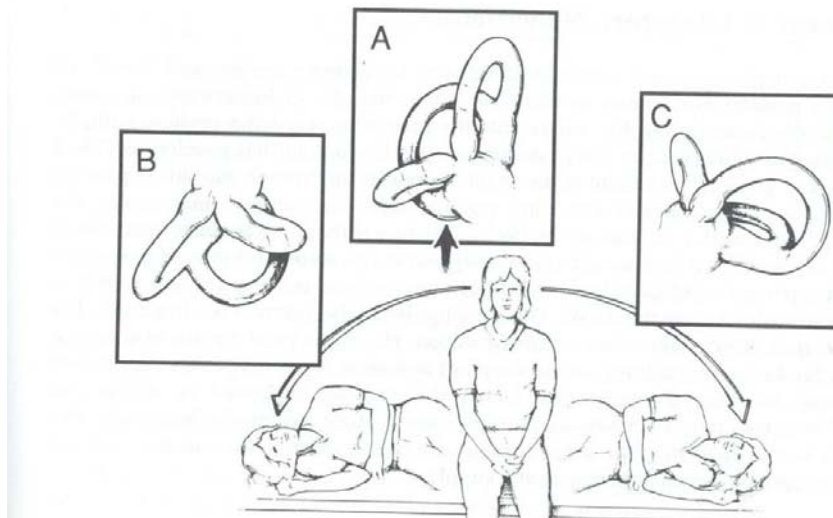
## **A. Begin in a seated position.**

Diagrams show head position with side-lying and position of the right posterior semicircular canal.

**B. Move quickly into the side-lying position (\_\_\_\_\_)** that provokes your dizziness and vertigo with your head rotated in the opposite direction. Remain in this position for 30 seconds beyond when your symptoms resolve. Then move to a seated position (position A) and remain here for 30 seconds. You will likely experience vertigo when you return to position A.

**C. Move quickly to the side-lying position opposite that of position B** with your head rotated in the opposite direction. Remain here for 30 seconds. Then return to sitting.

Perform **15-20 repetitions (A → B → A → C → A)**, every 3 hours (4x/day), until you experience 2 consecutive days without vertigo.



Use appropriate “settling” techniques to manage your dizziness and vertigo symptoms when they are intolerable, following an exercise. These may include:

1. **Hands on Head:** With good upright posture, interlace hands on top of head. Apply a mild amount of pressure downward. This is generally the most effective technique.
2. **Blanket:** Apply a blanket to your body in the seated or supine position.
3. **Standing Against a Wall:** Stand against a wall such that your feet, buttock, back, and head touch the wall behind you.