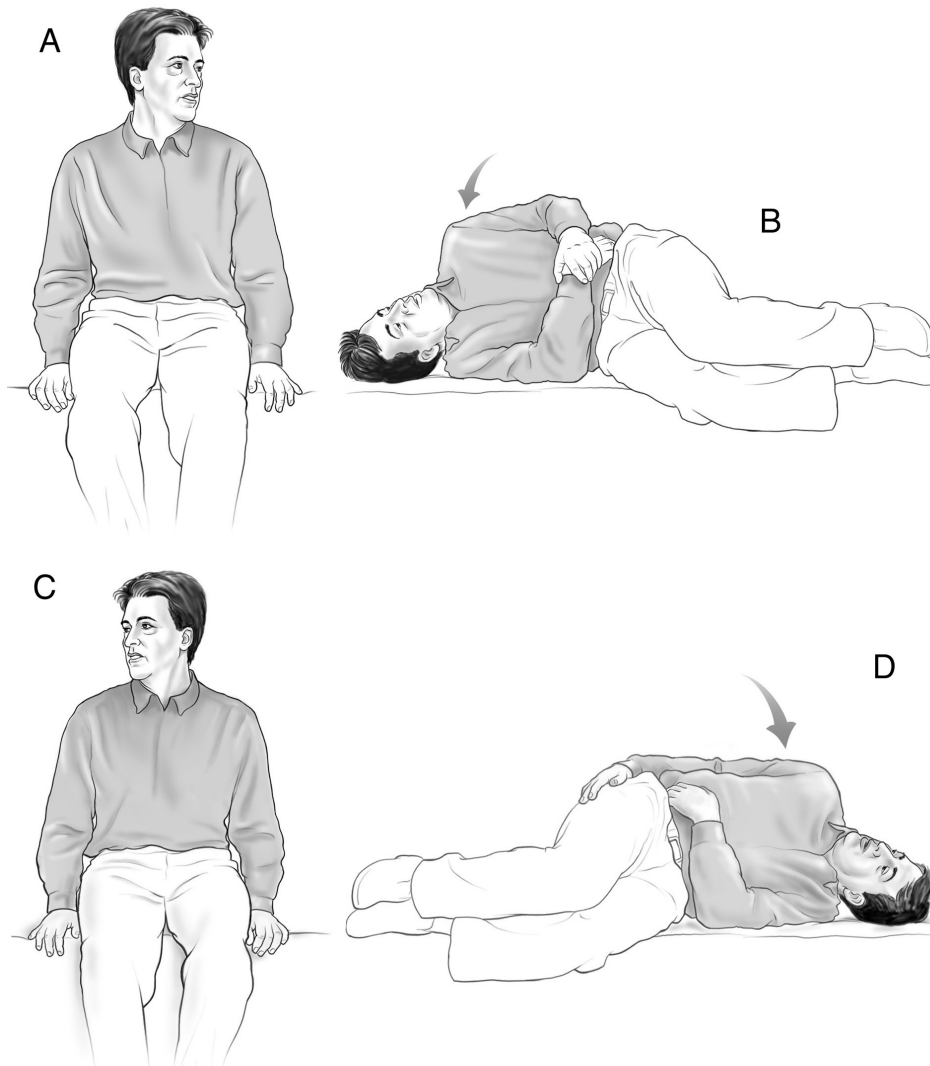


Brandt-Daroff exercises



Benign paroxysmal positional vertigo is caused by abnormal deposits of crystals collecting in one of the fluid-filled balance canals of the inner ear. These exercises are designed to break up this material and unblock the canal:

- A. Sit on the edge of a bed and turn your head slightly to the left (approximately 45 degrees).
- B. While maintaining this head position, lie down quickly on your right side so that the back of your head is resting on the bed. Wait for 20 to 30 seconds or for any giddiness to resolve.
- C. Sit up straight, and again wait for 20 to 30 seconds or for any giddiness to resolve.
- D. Turn your head slightly to the right and repeat the sequence in the opposite direction.

Continue as above for 10 minutes (5 or more repetitions to each side). Perform the exercises 3 times daily if possible.

The symptoms of giddiness need to be reproduced by the exercises if any benefit is to occur. If the exercises are done regularly, the symptoms should resolve over a period of several days in most cases. Certain medications may be taken to control any nausea during the initial stages of the exercise therapy, but prolonged use of these medications should be avoided.

Doctor's contact details: