

## Home treatment of BPPV Brandt-Daroff Exercises



*Ear Care and Audiology Services*

patient**information**



The Rotherham  
NHS Foundation Trust

Hearing about your experience of our services is very important as it means we can pass compliments on to our staff and make improvements where necessary. Tell us what you think by emailing us at: [your.experience@nhs.net](mailto:your.experience@nhs.net)

#### Slovak

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

#### Slovensky

#### Kurdish Sorani

کوردی سۆرانی  
نەگەر تۆ یان کەسێک کە تۆ دەیناسی پێویستی بەیارمەتی هەبێت بۆ ئەوەی لەم بەلگنامە بە تێبگات یان بێخوێنتێتەوه، تکایە پەیوەندیمان پێوه بکە لەسەر ئەو ژمارەیە سەروددا یان بەو نێمەیلە.

#### Arabic

عربي  
إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

#### Urdu

اُردو  
اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

#### Farsi

فارسی  
اگر جناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille, audio or easyread format, please ask our healthcare providers\*

#### \*Note to healthcare providers:

Translated / easyread healthcare information can be sourced via the **Easyread websites** listed at the back of this leaflet or via contacting our translation service which can be accessed through the Hub.

### Introduction

These exercises are to be used for treatment of Benign Paroxysmal Positional Vertigo (BPPV).

Whilst in clinic you may have had a procedure carried out called an 'Epley' manoeuvre. This is used to treat BPPV. You may have then been recommended to perform some exercises at home. Alternatively, you may have just been provided these exercises to perform at home for your BPPV. These exercises are called Brandt-Daroff exercises. These exercises are simple to carry out at home, you do not need any equipment other than to use your bed at home. Please follow this exercise programme if you have been recommended too in clinic or if your symptoms persist following your treatments in clinic.

### Exercises

When performed accurately, these exercises succeed in reducing dizziness for about 95% of patients. The exercises are designed to relocate the loose crystals that cause the dizziness in the first place and the repeated exposure to the feeling of dizziness can reduce the intensity of the dizziness. Ideally, these exercises are performed in three sets per day and each set consists of at least 5 repeats of the manoeuvre as shown overleaf.

The exercises may make you feel unsteady but this in time is what will improve your balance and you will find the exercises become a little easier. Once you balance symptoms have stopped and you no longer feel busy in day-to-day activities, you no longer need to continue the exercises.

### Tips and care

- Brandt-Daroff exercises should be performed until the dizziness has subsided. Most people receive complete relief from dizzy symptoms after 30 sets.
- One third of patients may experience a re-occurrence of symptoms within a year. If this happens, perform one set daily until symptoms are relieved.
- The exercises are likely to provoke dizziness, therefore should be performed in a safe environment, preferably with another person present.
- If you have any difficulties such as pain in your neck or spine, or feel at all faint whilst carrying out the exercises do not continue.
- Further information can be found at **[www.vestibular.org](http://www.vestibular.org)**
- Contact the department on **01709 423145** if you have concerns.

### Suggested schedule

Morning set (5 manoeuvres, takes about 10 minutes)

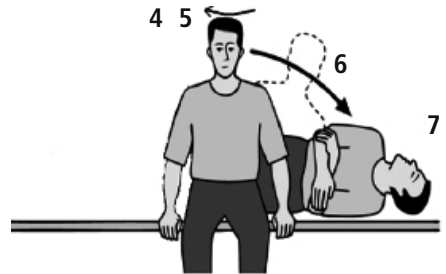
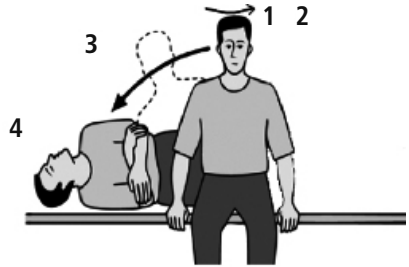
Noon set (5 manoeuvres, takes about 10 minutes)

Evening set (5 manoeuvres, takes about 10 minutes)

Using either a bed, a flat surface or where ever you feel comfortable and safe.

## Home treatment of BPPV: Brandt-Daroff Exercises

1. Sit on the edge of the bed.
2. Turn your head left, to 45 degrees or as far as is comfortable (about halfway to your left shoulder).
3. Lie down on your right side. Whilst lying down, your head should still remain at a 45 degree angle, so your nose is pointing away from the flat surface but not directly at the ceiling. Stay in this position for 30 seconds or until your dizziness subsides.
4. Sit up into the normal sitting position as when you started. Remain sitting for 30 seconds.
5. Turn your head right, to 45 degrees or as far as is comfortable (about halfway to your right shoulder).
6. Lie down on your left side. Whilst lying down, your head should still remain at a 45 degree angle. Stay in this position for 30 seconds or until your dizziness subsides.
7. Return again to the sitting position on the edge of your bed. Stay sitting for 30 seconds.



**This exercise  
completes one set.**

**Complete 5 sets.**

**It shouldn't take any  
longer than 10 minutes  
for this exercise.**

## How to contact us

Rotherham Ear Care  
and Audiology Department

### **Rotherham Community Health Centre**

Greasbrough Road  
Rotherham  
S60 1RY  
01709 423145

### **Rotherham Hospital Switchboard**

Telephone 01709 820000

## Useful contact numbers

**If it's not an emergency,  
please consider using a  
Pharmacy or call NHS 111  
before going to A&E.**

### **Action on Hearing Loss**

#### **Telephone/Textphone:**

01709 514268

### **Sensory Services Department**

Telephone 01709 822330

### **Connevans**

Telephone 01737 247571

### **NHS 111 Service**

Telephone 111

### **Health Info**

Telephone 01709 427190

### **Stop Smoking Service**

Telephone 01709 422444

### **UECC (A&E)**

Telephone 01709 424455

**For GP out of hours,  
contact your surgery**

## Useful websites

[www.NDCS.org.uk](http://www.NDCS.org.uk)

[www.earcarecentre.com](http://www.earcarecentre.com)

[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.gov.uk](http://www.gov.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.connevans.co.uk](http://www.connevans.co.uk)

[www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk)

[www.tinnitus.org.uk](http://www.tinnitus.org.uk)

## Easyread websites

[www.easyhealth.org.uk](http://www.easyhealth.org.uk)

[www.friendlyresources.org.uk](http://www.friendlyresources.org.uk)

[www.easy-read-online.co.uk](http://www.easy-read-online.co.uk)

## We value your comments

If you have any comments  
or concerns about the services  
we have provided please  
let us know, or alternatively  
you can contact the  
Patient Experience Team.

### **Patient Experience Team**

The Oldfield Centre

The Rotherham NHS

Foundation Trust

Rotherham Hospital

Moorgate Road

Rotherham

S60 2UD

Telephone: 01709 424461

Monday to Friday

9.00am until 5.00pm

Email: [your.experience@nhs.net](mailto:your.experience@nhs.net)

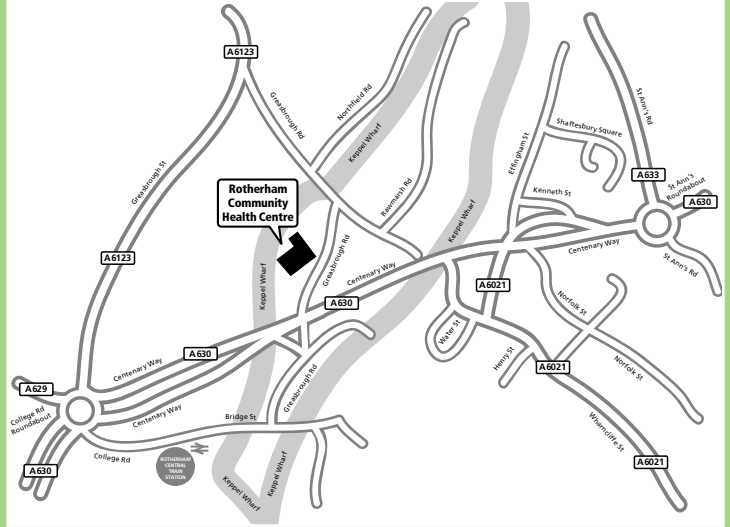
Produced by Mr Christopher Hammond-Race

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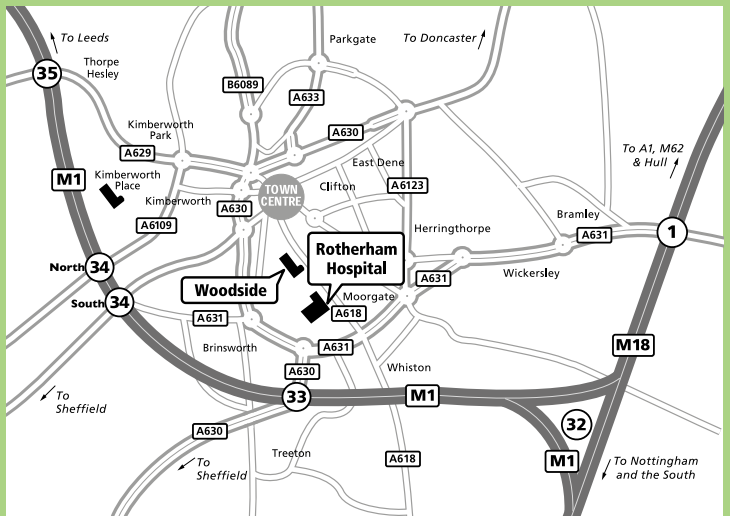
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# How to find us

## Rotherham Community Health Centre main routes



## Rotherham main routes





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**The Rotherham**  
NHS Foundation Trust

**Rotherham Hospital**  
Moorgate Road  
Oakwood  
Rotherham  
S60 2UD

Telephone 01709 820000  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)