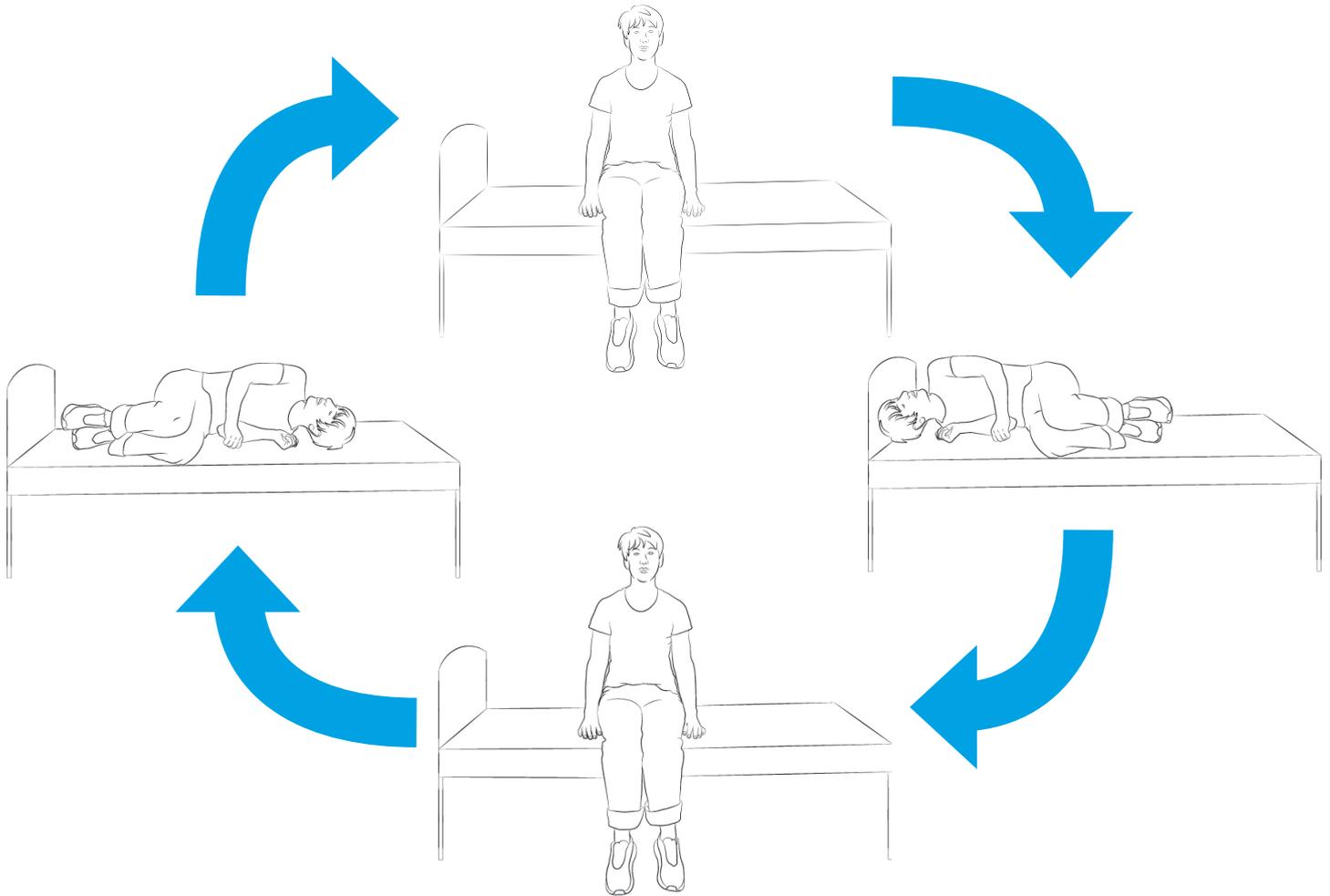


Brandt-Daroff Exercise

Information and exercise guide for patients

Audiology service



1 Sitting down on a firm surface or bed which allows you to lie down on either side (without moving your bottom).

2 Turn your head 45° to the left.

3 Quickly lie down on your right side with head turned so that the region behind the ear touches the bed.

4 Maintain this and every subsequent position for about 30-60 seconds, and if you are dizzy maintain position for 30 seconds after dizziness stops.

5 Sit up again, keeping your head turned left as you sit up and wait for 30 seconds.

6 Turn your head to the right and quickly lie down on the left side.

7 Sit up, keeping your head turned right as you sit up and wait for 30 seconds.

8 Repeat steps 1 – 6 ten times (or as directed by your Audiologist).

9 Complete the exercise session at least once a day, and a max of 3 times a day.

10 This exercise should be performed for two weeks. Most people will feel relief from symptoms after about 10 days.