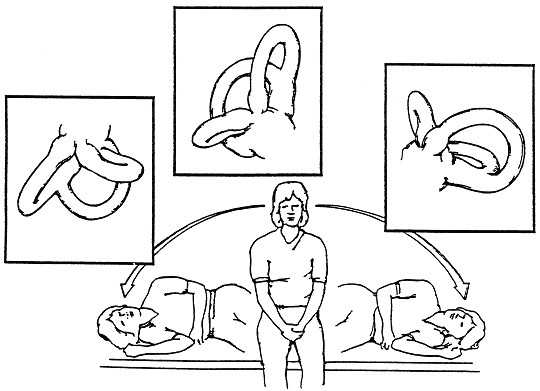
# Brandt-Daroff

**Habituation**

This exercise is usually tried when the Semont or modified Epley maneuvers are not effective



* Sit straight on the edge of the bed and turn your head slightly to the left side at an angle of 45°.
* Lie down quickly on your back to the right side and remain in this position for 20 - 30 seconds or until the dizziness resolves.
* Sit up straight and again wait in this position for 20 - 30 seconds or until the dizziness resolves.
* Now turn your head slightly to right side and lie down quickly on your back to the left side.
* Remain in this position for another 20 - 30 seconds and then sit upright, and repeat the procedure three times.

## References

http://www.crashingpatient.com/wp-content/images/part1/vertigoexercises.gif [online 11/06/2014]

## Contact details

**Outpatients Physiotherapy**

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For further general health-related information, please ask the relevant department for an Information Prescription or contact:

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We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499, text 07758 272495 or email **pals@poole.nhs.uk** for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Information Team confidentially: phone 01202 448003, write to the Health Information Centre (address above), or email **patient.information@poole.nhs.uk**.