

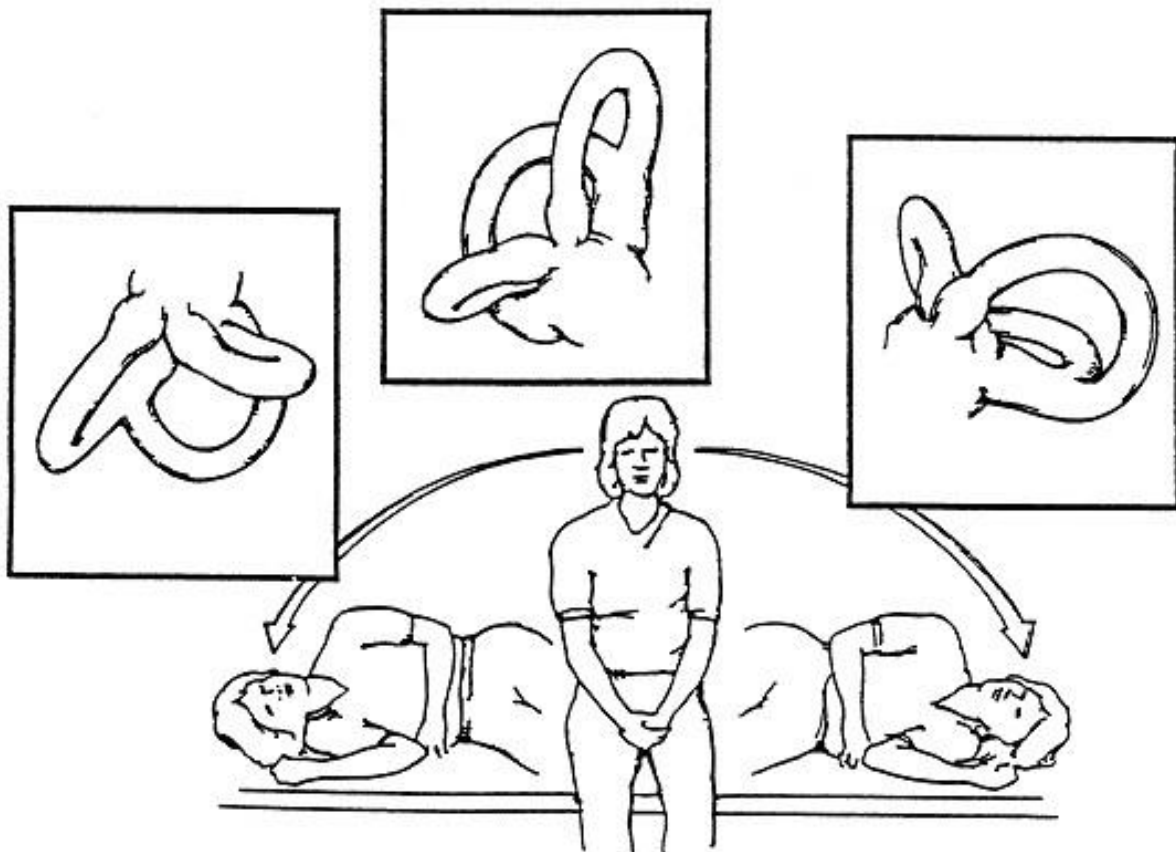
## Patient Information

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### 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

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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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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](mailto:patient.information@poole.nhs.uk).