

# Injury Bulletins

## Benign Paroxysmal Positional Vertigo



### BPPV

Benign Paroxysmal Positional Vertigo requires careful evaluation to ensure similar conditions affecting balance, nausea, dizziness and vertigo can be ruled out. A physiotherapist or sports medicine physician are most suited to the treatment of this disorder. Treatment involves specific movement techniques and strict protocols following treatment. The exercises below are a commonly used home exercise technique to reduce the symptoms of BPPV.

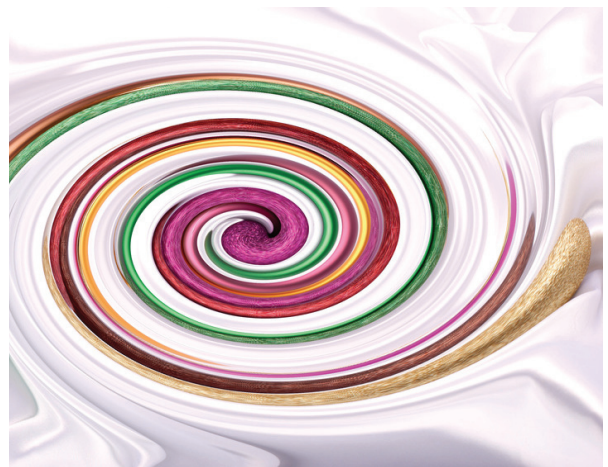
### Brandt-Daroff Exercises

The Brandt-Daroff Exercises are a method of treating BPPV, usually used when the office treatment fails. They succeed in 95% of cases but are more arduous than the office treatments. These exercises are performed in three sets per day for two weeks. In each set, perform the manoeuvre 5 times.

1 repetition = maneuver done to each side in turn (takes 2 minutes)

### Suggested schedule for Brandt-Daroff exercises

Time	Exercise	Duration
Morning	5 reps	10mins
Noon	5 reps	10mins
Evening	5 reps	10mins



Start sitting upright. Then move into the side-lying position, with the head angled upward about halfway.

An easy way to remember this is to imagine someone standing about 6 feet in front of you, and just keep looking at their head at all times. Stay in a side-lying position for 30 seconds, or until dizziness subsides if this is longer, then go back to the sitting position. Stay there for 30 seconds, and then go to the opposite side and follow the same routine.

These exercises should be performed for two weeks, three times per day or for three weeks, twice per day. This adds up to 52 sets in total. In most persons, complete relief from symptoms is obtained after 30 sets or about 10 days. In approximately 30 percent of patients, BPPV will recur within one year. If BPPV recurs, you may wish to add one 10 minute exercise to your daily routine.

**Please feel free to discuss any problems or queries with your physiotherapist or get up to date treatment options by subscribing online at [www.rehabonthenet.com](http://www.rehabonthenet.com).**