



Phone: (904) 880-0911 Fax: (904) 880-9388

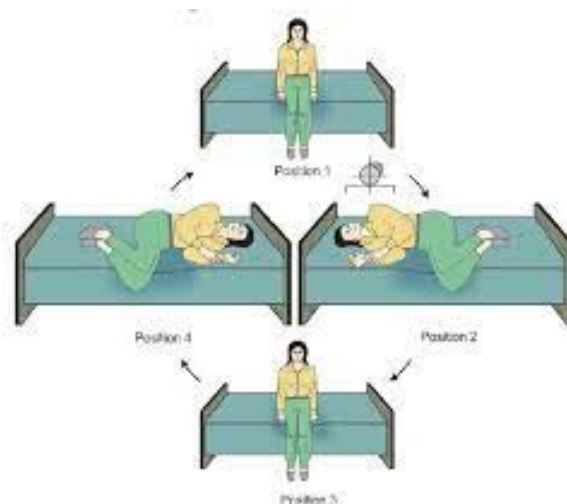
Benign Paroxysmal Positional Vertigo (BPPV) –
AT HOME EXERCISES (NO EPLEY PERFORMED)

BPPV is a common form of dizziness caused by a problem in your inner ear. Your semicircular canals are found inside your inner ear balance organ. They detect motion and send this information to your brain. The utricle is a nearby part of the ear. It contains calcium crystals (canaliths) that help detect movement. Sometimes these crystals detach from the utricle and end up inside the semicircular canals. When these crystals move inside the canals, they may send incorrect signals to your brain about your position. This can make you feel like the world is spinning. This is called Vertigo.

You were unable to have the Epley performed today – therefore the provider is prescribing at home exercises. These are called Brandt-Daroff exercises. These are ONLY to be performed if you have not had the Epley performed in the clinic.

To do the Brandt-Daroff exercise:

- Start in an upright, seated position.
- Move into the lying position on one side with your nose pointed up at about a 45-degree angle.
- Remain in this position for about 30 seconds (or until the vertigo subsides, whichever is longer). Then move back to the seated position.
- Repeat on the other side.



You will follow up with the original provider that you saw 2-3 weeks post exercises being performed in clinic to ensure that symptoms have been resolved and further treatment/testing is not required.