

The effectiveness of Brandt-Daroff Technique in treating patients with acute and chronic BPPV

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Introduction

- Benign Paroxysmal Positional Vertigo (BPPV) is a common disease seen on daily base in the clinics.
- Vertigo, dizziness and / or disequilibrium are the most common sign and symptoms for the BPPV patients.
- Most of the BPPV patients are temporarily disabled.
- Most of them loose social contact, change or quit their jobs, loss self-confident and esteem.
- BPPV could lead to secondary neck problems if the signs and symptoms persists and become chronic

Purpose

To determine and compare the effectiveness of Brandt- Daroff Technique (BDT) in patients with acute and chronic BPPV.

Hypothesis

- Ho: There is no significant difference in vertigo recovery between Pre and post PT treatment in BPPV patients.
- Ho: There is no significant difference in PT treatment duration between acute and chronic BPPV.
- Ho: There is no significant difference between acute and chronic BPPV in vertigo duration at onset.
- Ho: There is no relationship between vertigo duration and duration of PT treatment.

Methods

Participants

- 100 BPPV patients referred by the ENT or Neurology consultants to the PT department at SMC.
- Inclusion criteria:
 - Patient diagnosed by an ENT or neurological consultant as BPPV.
- Exclusion criteria:
 - BPPV patients with neck problems or neurological problems that induce vertigo or dizziness.
 - BPPV patient with any contraindications for positioning maneuvers.
 - BPPV patients who are on medications for vertigo control

Procedure

- Subjects were distributed to either acute or chronic groups based on the duration of the BPPV.
- Acute BPPV = less than 60 days from the onset.
- All Subjects were evaluated by a specialist PT.
- All subjects received Brandt Daroff technique.
- The technique was applied on daily base.

Exercise program

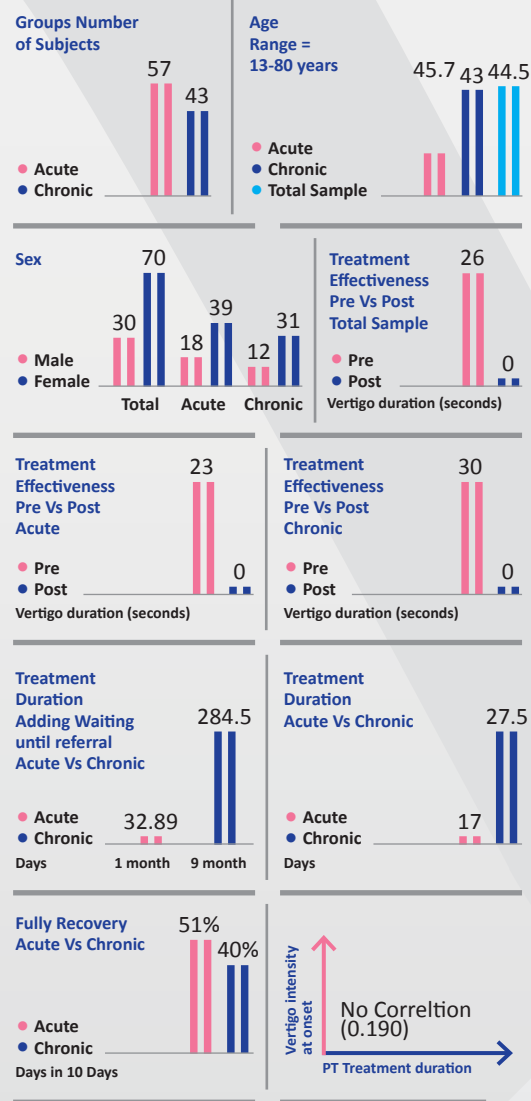
- 5 repetitions in each session.
- 2 sessions per day.
- Daily exercise until full recovery.
- Exercises parameters can be changed based on patient response to exercises



Outcome measures

- Vertigo duration(SECONDS) at:
 - Onset
 - Discharge
- PT treatment duration = number of days from first session to discharge

Results



Conclusion

- PT treatment (Brandt – Daroff Technique) is a very effective technique in treating both acute and chronic BPPV.
- The earlier the patient is referred to PT treatment the faster the recovery will be.
- Vertigo duration at onset has no effect on PT treatment duration.

Implications

BDT is an effective treatment and can be used to treat both acute and chronic BPPV. The earlier the intervention is implemented the faster the recovery rate. BDT can be a choice of treatment for patients with BPPV who failed to respond to other techniques and intervention used to treat BPPV.

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