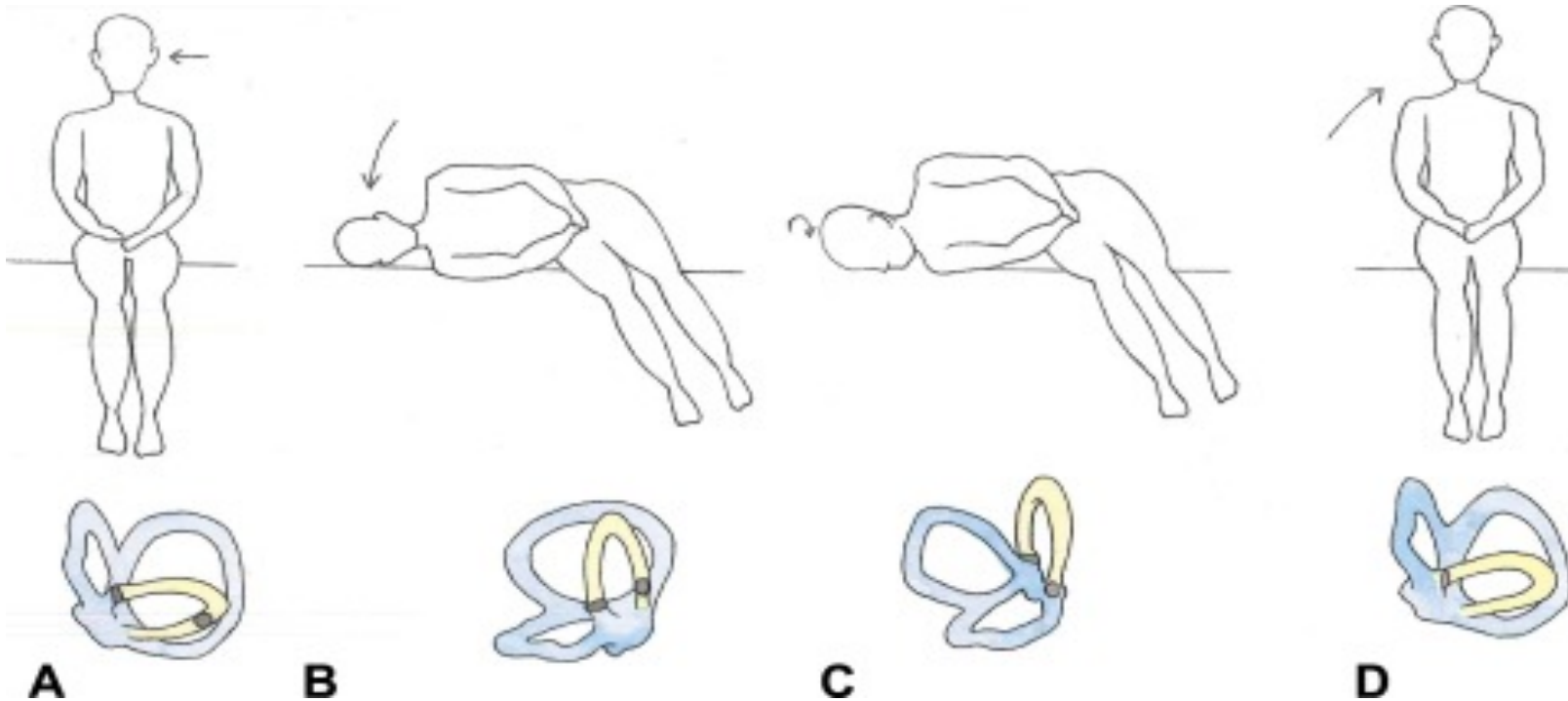


Liberatory “Gufoni” Maneuver for **LEFT** Horizontal Canal BPPV



A
Begin by sitting on the edge of your bed. Sit with your head facing straight ahead and your chin level.

B
Quickly lie down onto to your right side. Wait for all your symptoms to go away plus an additional 1 minute.

NOTE: If BPPV is on RIGHT ear = lie onto left side

C
Quickly turn your head so you are looking diagonally towards the floor (45 degrees downward).

Stay in this position for 1 minute.

D
Slowly return to sitting position and keep head level for 15 minutes.

BREATHE! Take a moment to let things settle.

Repeat 1 x day until dizziness is resolved when you lie down.