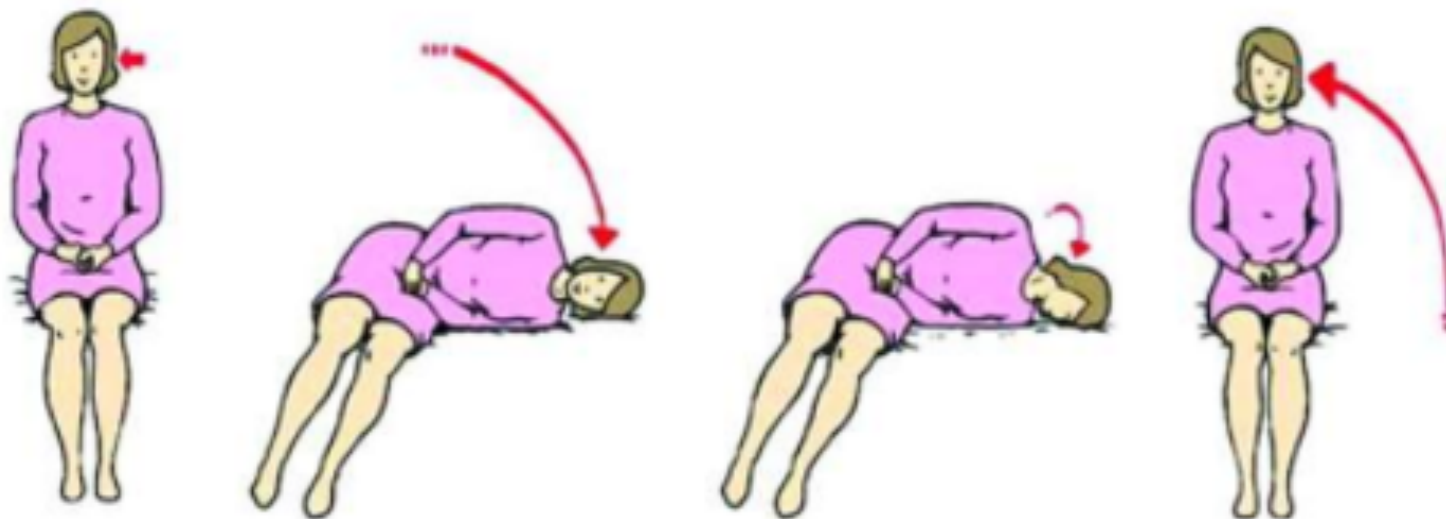


# Liberatory “Gufoni” Maneuver for **RIGHT** Horizontal Canal BPPV



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

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

*If BPPV is active on LEFT ear = lie onto right side.*

Quickly turn your head so you are looking diagonally towards the floor (45 degrees downward). Stay in this position for 1 minute.

Return to sitting position and keep head level for 10-15 minutes.

Take a moment to breathe and let things settle.

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