

## Canalith Repositioning Treatment for Left Horizontal Canal Canalithiasis BPPV – Gufoni Maneuver



1. Begin sitting upright looking straight forward.



2. Lie down on affected (left) side keeping head neutral. Hold 2 minutes.



3. Quickly rotate head up 45 degrees (nose up position) and hold 2 minutes.



4. Return to upright sitting posture maintaining head position. Once sitting upright, turn head straight ahead.
5. Perform \_\_\_ repetitions \_\_\_ times per day until symptom free.
6. Sit upright to rest \_\_\_ minutes after each maneuver and for 5-10 minutes after you have completed all of them.