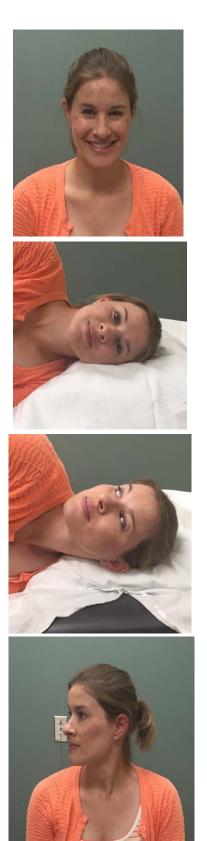
Canalith Repositioning Treatment for Left Horizontal Canal Canalithiasis BPPV – Gufoni Maneuver



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.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.