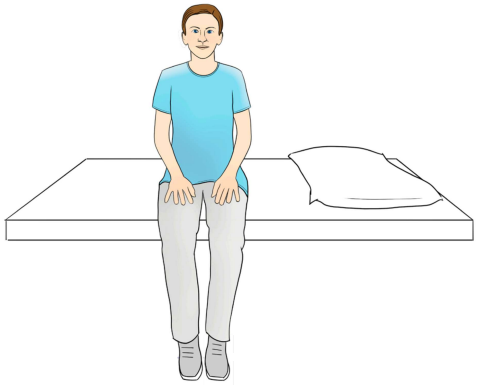
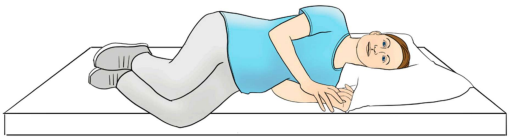
Gufoni manoeuvre

Left ear | Ageotropic



Starting Position

Start by sitting on the side of your bed, with a pillow placed to your **left** side.

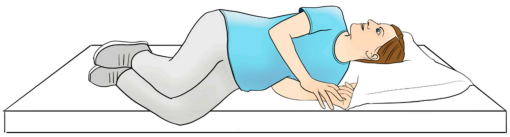


Step 1

Quickly lie down to your **left** side so that your head rests comfortably on your pillow. Your head should be parallel to the floor and looking straight ahead. Your legs should be lifted up onto the bed, optionally with knees bent for comfort.

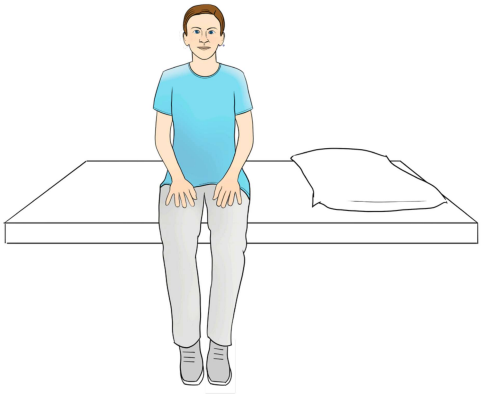
Remain in this position for 30 seconds.

- Tip: Pillow should be medium thickness to keep head parallel to the floor (not tilted up or down).



Step 2

Quickly turn your head up to the **right** so that your nose is pointed up towards the ceiling. Wait in this position for 1-2 minutes.



Step 3

Drop your legs off the side of the bed and slowly sit up back to your starting position. Once you've returned to sitting, wait here for an additional 60 seconds before standing. Hold onto something sturdy as an extra precaution since you may feel off-balance after this treatment.

Original illustrations and instructions: Vestibular First.