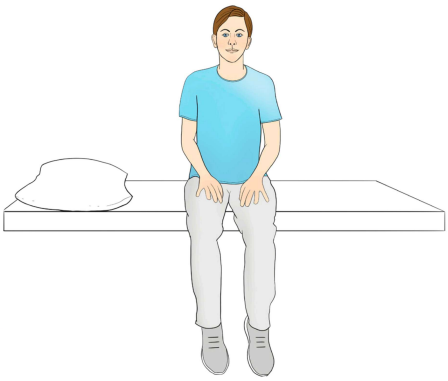
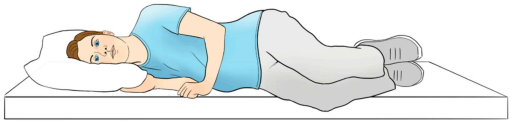
Gufoni manoeuvre

Left ear | Geotropic



Starting Position

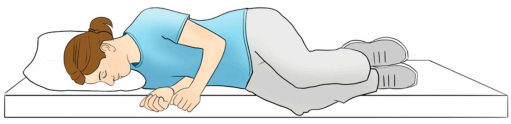
Start by sitting on the side of your bed, with a pillow placed to your **right** side.



Step 1

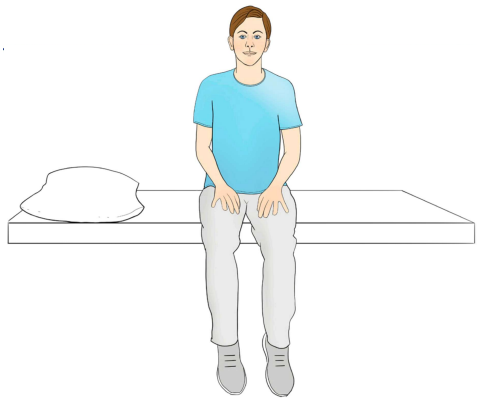
Quickly lie down to your **right** side so that your head rests comfortably on your pillow. Your head should be parallel to the floor and looking straight ahead. If you have dizziness, wait for the dizziness to stop, then wait an additional 60 seconds. If you don't experience notable dizziness, wait for 60 seconds before moving on to the next position

- Tip: Avoid using too thin or too thick of a pillow to avoid your head tipping too far towards or away from the mattress.



Step 2

Turn your head to the **right** so that your nose is towards the floor, and gently tuck your chin towards your shoulder. Wait in this position for 60 seconds.



Step 3

Keeping your chin tucked, 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 60 seconds. Then slowly lift your head so that you're looking straight ahead. Wait here for an additional 60 seconds before standing. Hold onto something sturdy as an extra precaution since you may feel off-balance.

Original illustrations and instructions: Vestibular First.