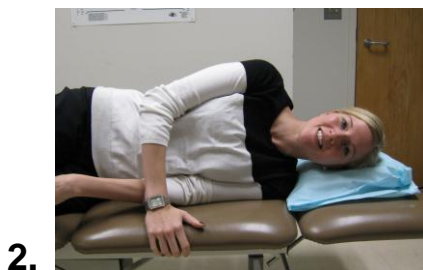


# Vestibular Rehabilitation

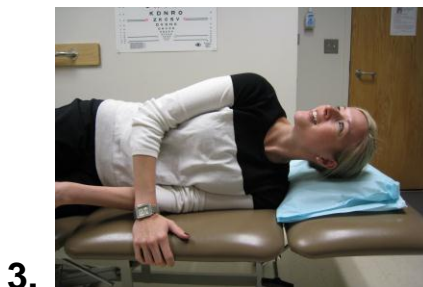
## Gufoni Maneuver for Left Horizontal Canal—Ageotropic



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.



Quickly turn your head halfway towards the ceiling (45 degrees upward). Stay in this position for 2 minutes.



Slowly return to a sitting position. Keep your head level for 15 minutes.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health System (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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