

Gufoni: Geotropic

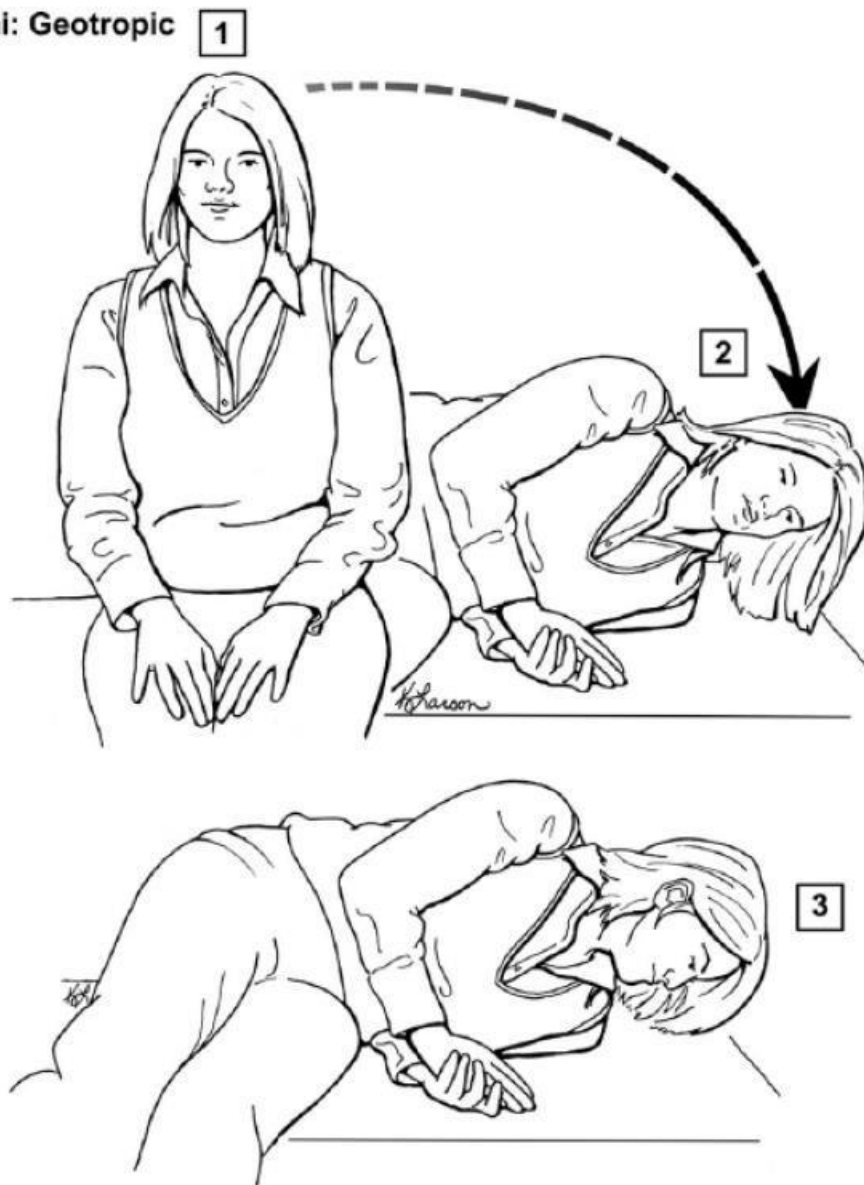


Figure 1.4 Gufoni Maneuver for Treatment of Right-Sided Lateral Semicircular Canal BPPV—Geotropic Type (from Bhattacharyya, 2017, adapted and reproduced with permission from Fife et al. 2008)

1. The patient is taken from the sitting position to the straight side-lying position on the unaffected side for about 30 seconds.
2. Then patient's head is quickly turned toward the ground 45° - 60° and held in position for 1-2 minutes.
3. The patient then sits up again with the head held toward the left shoulder until fully upright and then may be straightened.