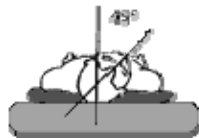
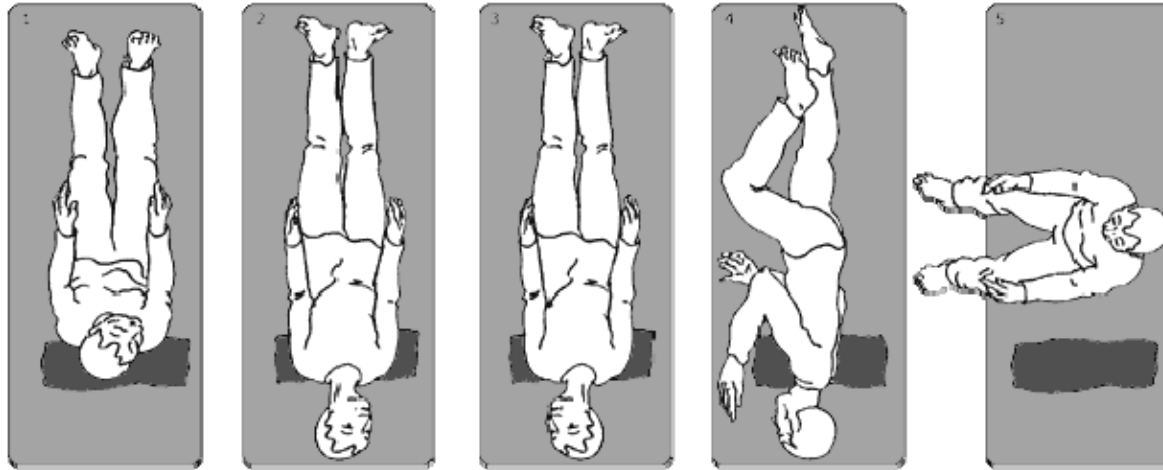


Self-treatment of benign positional vertigo (right)



| | | | | |
|---|---|---|---|---------------------------------|
| <p>Start sitting on a bed and turn your head 45° to the right. Place a pillow behind you so that on lying back it will be under your shoulders.</p> | <p>Lie back quickly with shoulders on the pillow and head reclined onto the bed. Wait for 30 seconds.</p> | <p>Turn your head 90° to the left (without raising it) and wait again for 30 seconds.</p> | <p>Turn your body and head another 90° to the left and wait for another 30 seconds.</p> | <p>Sit up on the left side.</p> |
|---|---|---|---|---------------------------------|

Perform this activity _____ per day and continue the activity until _____.