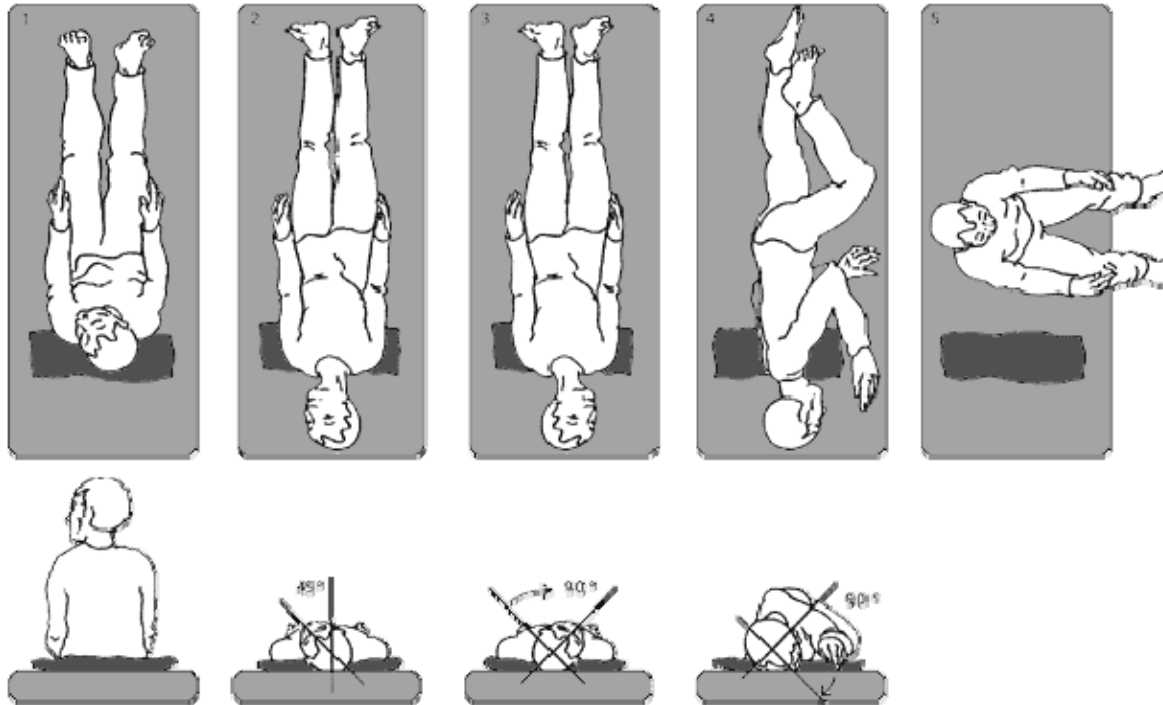


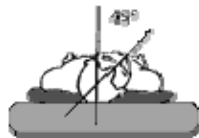
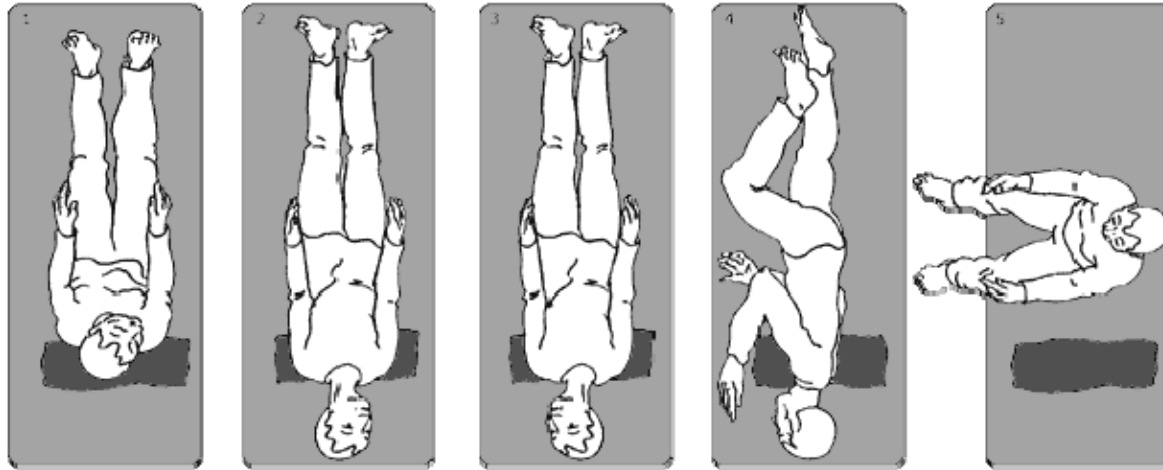
# Self-treatment of benign positional vertigo (left)



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

# 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>
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Perform this activity \_\_\_\_\_ per day and continue the activity until \_\_\_\_\_.