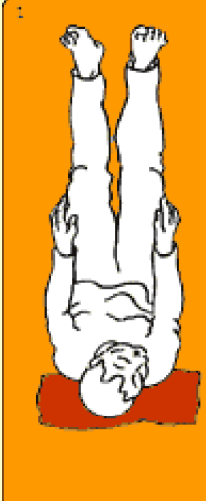
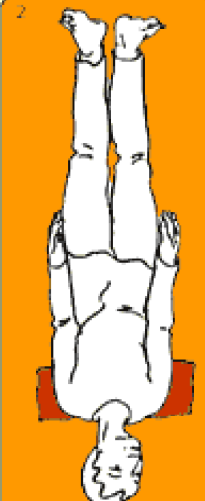
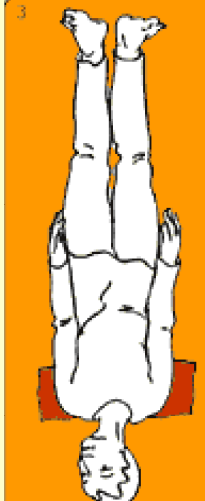

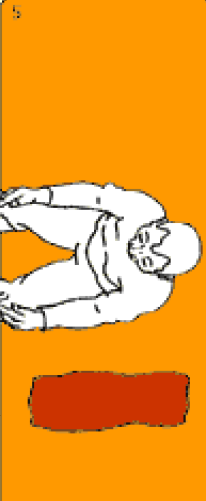
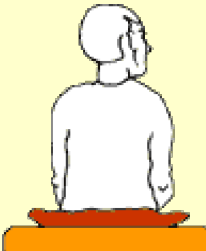
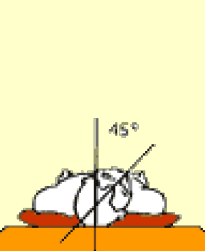
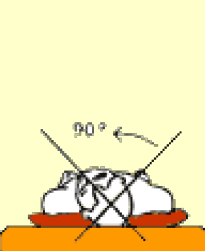
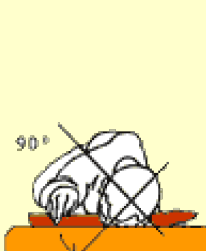


Self-treatment of benign positional vertigo (right)

				
				
<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>

This maneuver should be carried out three times a day. Repeat this daily until you are free from positional vertigo for 24 hours.

Self-treatment of benign positional vertigo (left)

<p>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.</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 right (without raising it) and wait again for 30 seconds.</p>	<p>Turn your body and head another 90° to the right and wait for another 30 seconds.</p>	<p>Sit up on the right side.</p>

This maneuver should be carried out three times a day. Repeat this daily until you are free from positional vertigo for 24 hours.