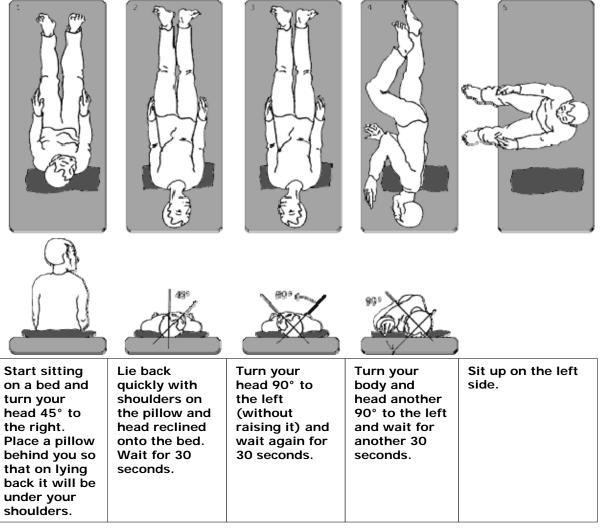


Perform this activity _____ per day and continue the activity until ____

Self-treatment of benign positional vertigo (right)



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