

MinimizeOCI

Instructions for self treatment

During the first week in the morning Lempert, Rahko and Semont maneuvers are performed.

Thereafter it is continued in the same manner. Some persons may have sufficient benefit even of more seldom procedures. It is individual.

If there is a backlash, report to the school health care.

Usually the problem is the bilateral OCI. Then even the other channel system is treated. The maneuvers of the other side are mirror images, and given from the school health workers after doing the first maneuvers of the other side canals and when the improvement is stated. Then both sides are treated sufficiently often.

The graphic instructions are given to this.

If something atypical appears in these questions, contact the school health care, who contacts doctor of the group.

It is useful to perform the treatments according to the guide; all the phases are necessary.