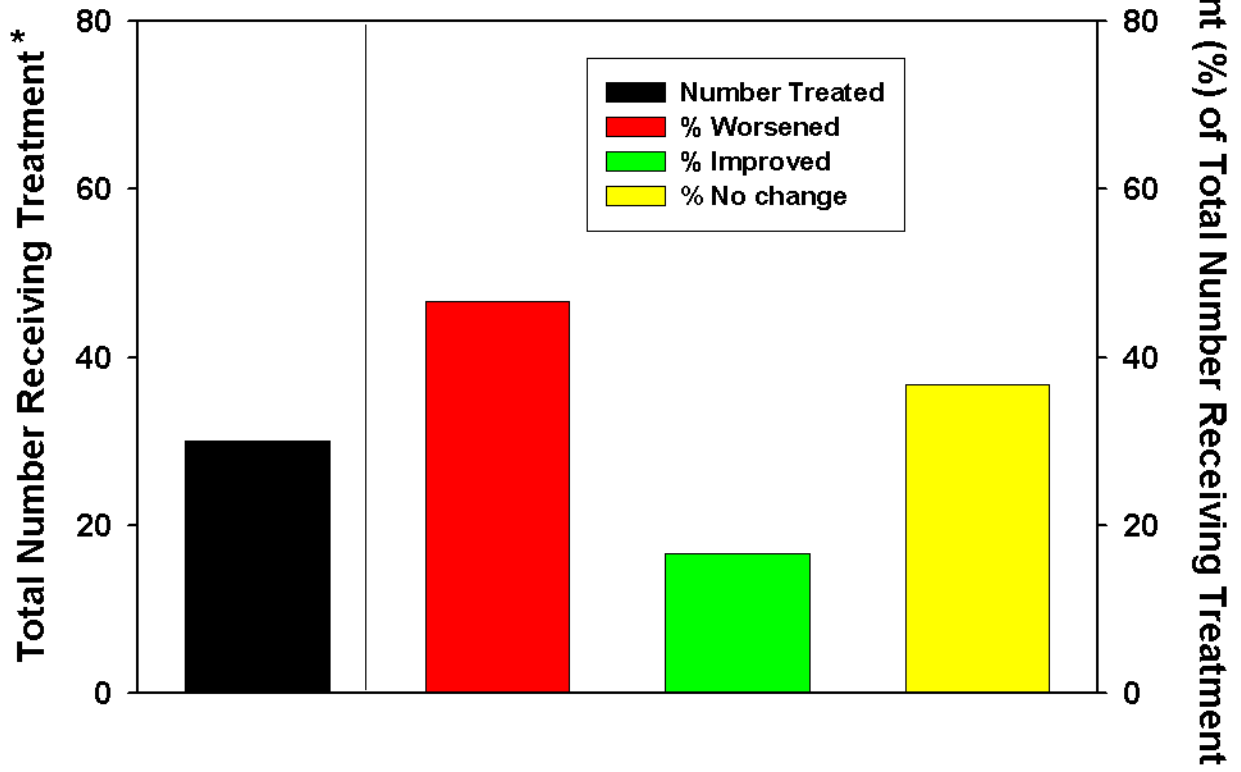


# Self-Reported Effects of Therapy/Activity on MdDS Symptoms

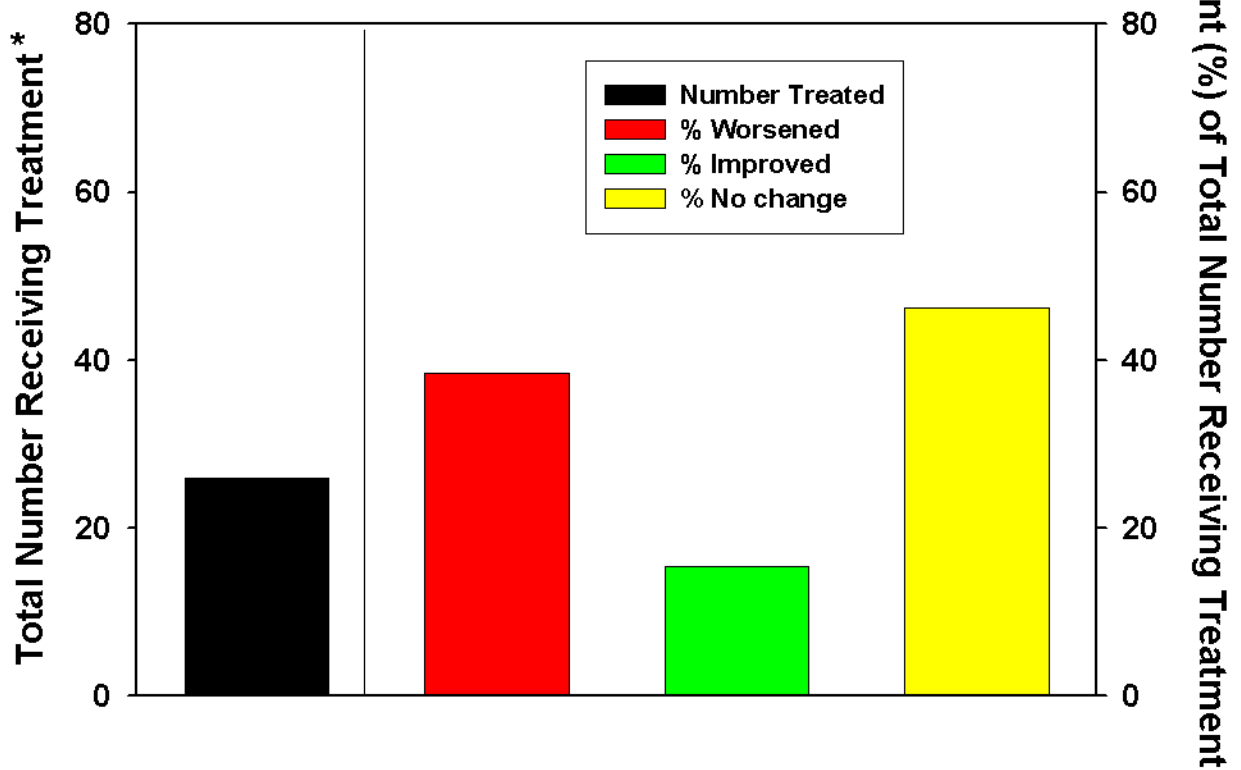
Therapy/Activity	Number Treated*	Percent (%) of Treated		
		Improved	No change	Worsened
walking	69	48	42	10
resting/taking naps	65	63	25	12
vestibular therapy	51	45	41	14
physical therapy	42	38	50	12
neck/back massage	41	37	54	10
swimming	35	34	46	20
floating on water	34	38	29	32
treadmill	30	17	37	47
chiropractic neck adjustment	27	33	59	7
return to causal motion event	26	15	46	39
dancing	24	33	25	42
accupuncture	23	35	61	4
weight lifting	22	14	73	14
water walking	21	43	52	5
jogging	20	35	35	30
yoga	19	42	47	11
homeopathy	15	33	60	7
running	15	20	47	33
stability balls	15	33	60	7
balance board	13	39	31	31
resistance bands	13	31	62	8
chiropractic atlas realignment	12	50	50	0
cranio-sacral therapy	11	36	55	9
pilates	10	20	80	0
golf	10	30	60	10
Tai Chi	8	50	50	0
osteopathic manipulation	7	29	57	14
reflexology/zone therapy	7	14	86	0
hypnosis	6	17	83	0
inversion table	6	0	50	50
elliptical glider	5	20	60	20
tennis/racketball	5	20	40	40
Alexander technique	4	0	100	0
skating	4	50	25	25
biofeedback	3	67	33	0
Brainport	3	100	0	0
Zen Chi machine	2	50	50	0
neuromodulation	2	0	100	0
hyperbaric chamber	2	0	100	0
Qigong	2	50	50	0
rolfing	1	100	0	0
kinesiology	1	0	100	0
occipital nerve block	1	0	100	0

\*Results derived from 69 subjects who had been diagnosed with MdDS.

# Treadmill

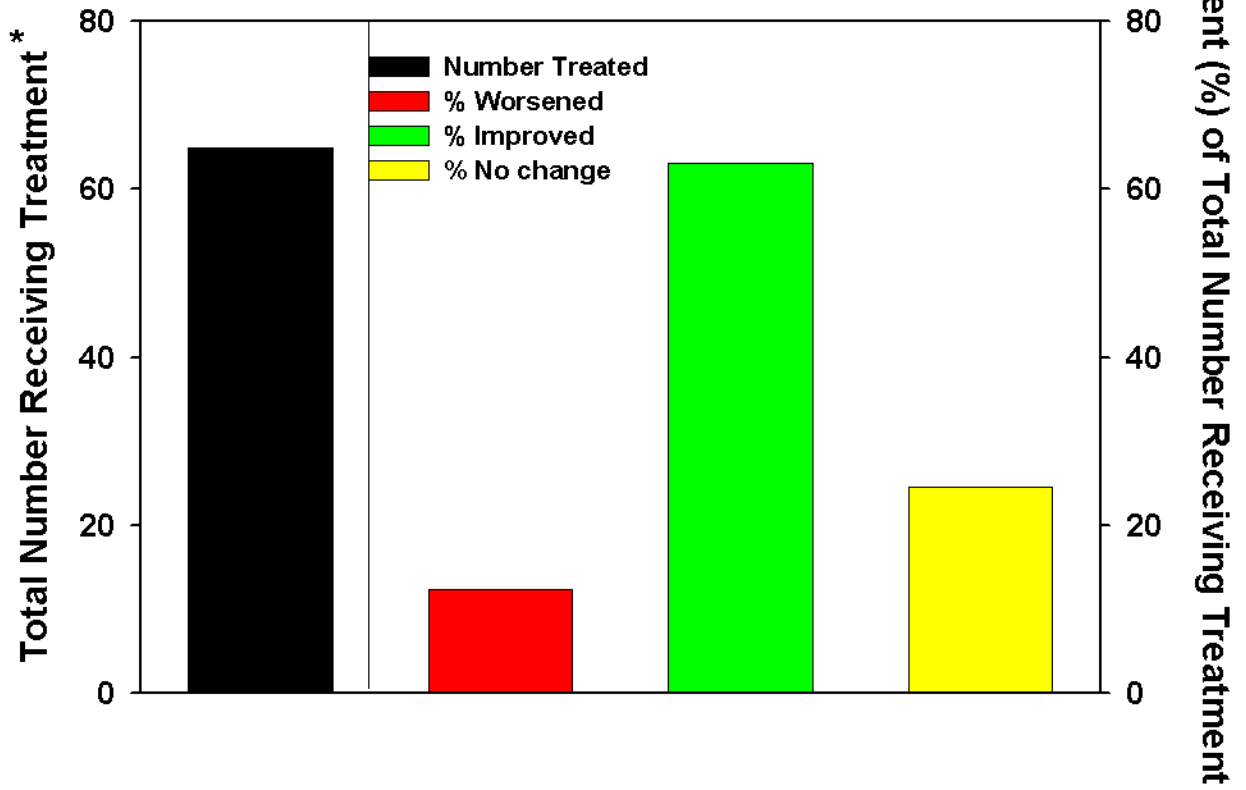


# Return to Causal Motion

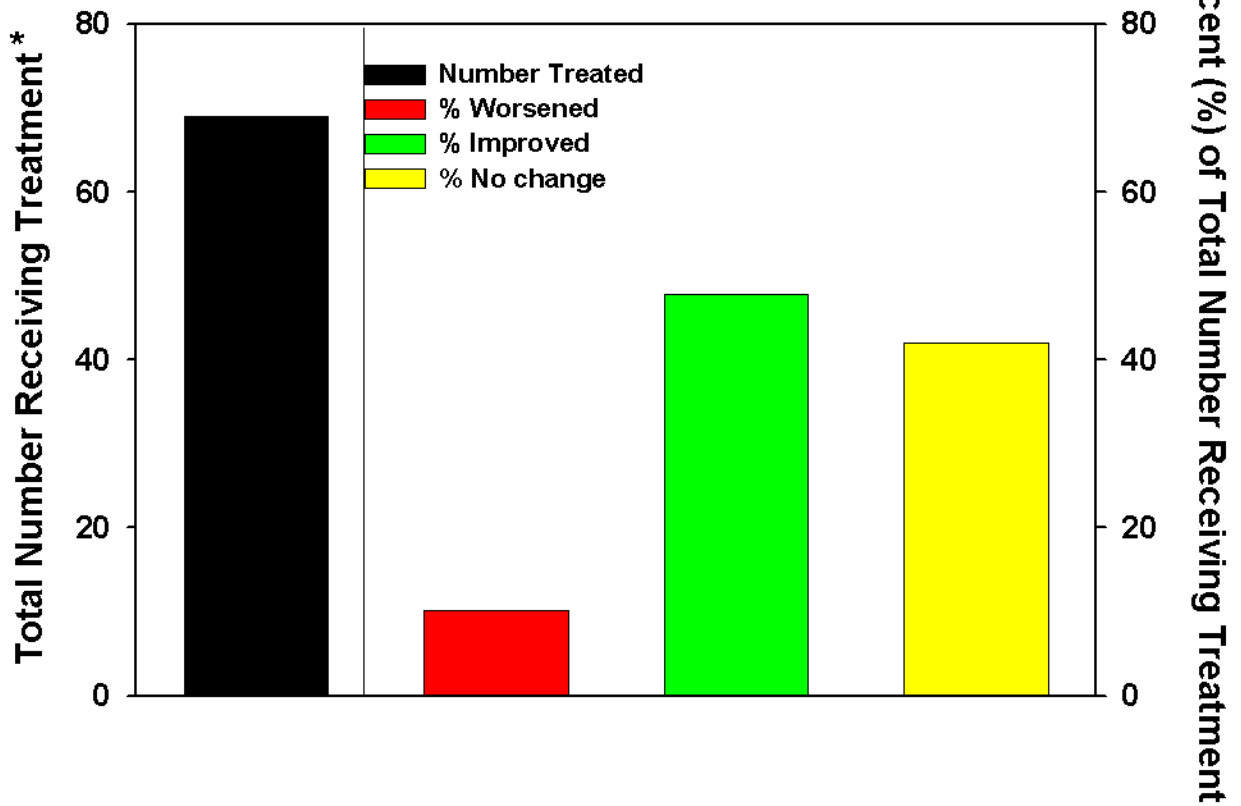


\*Results derived from 69 subjects who had been diagnosed with MdDS

## Resting/Napping



## Walking



\*Results derived from 69 subjects who had been diagnosed with MdDS