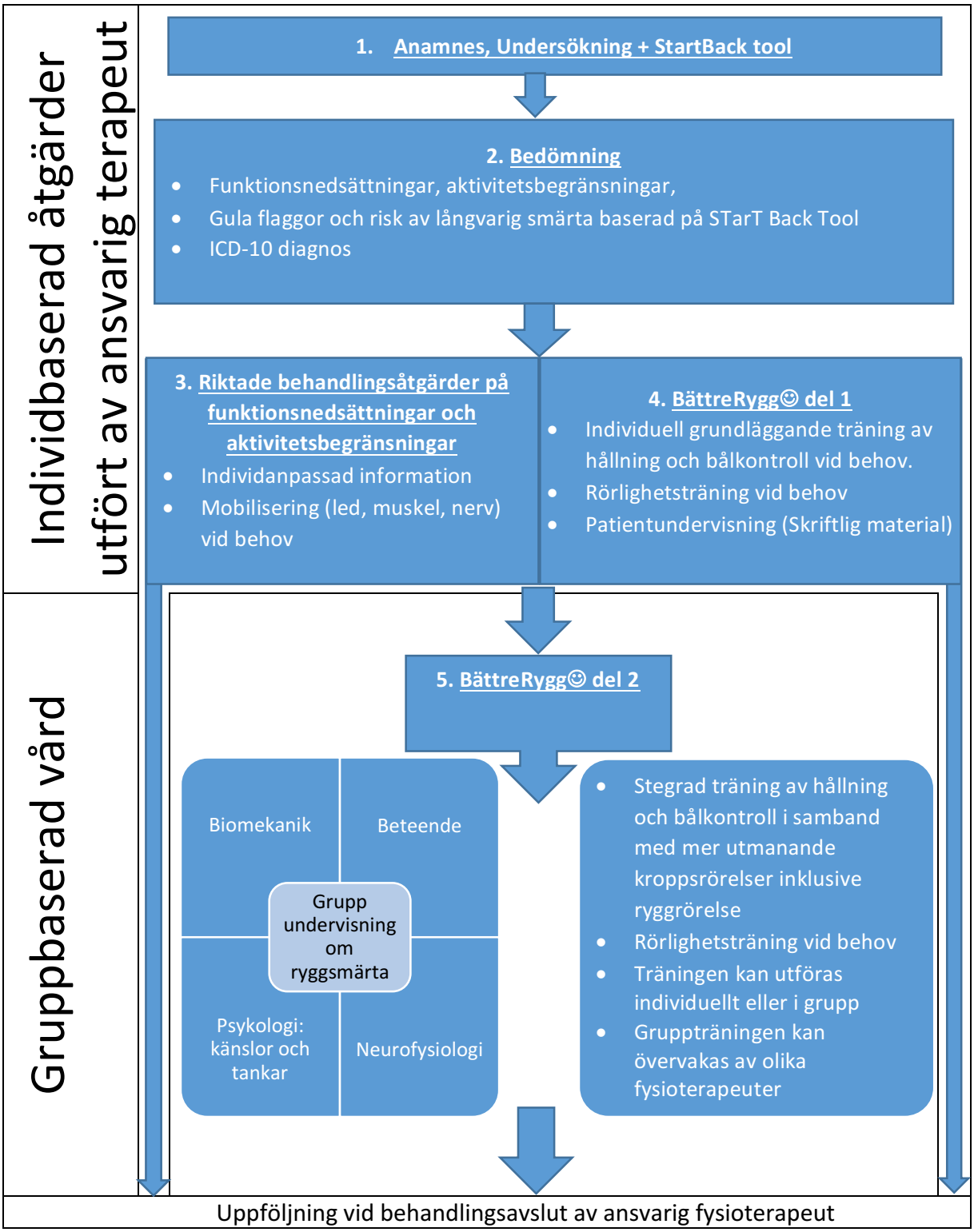7.3 BättreRygg☺ Modell