

Cawthorne's Head Exercises

Exercises to be carried out for 3 minutes each, twice a day, increasing to 6 minutes each.

1. Eye exercises: Look up, then down slowly, then quickly 20 times. Look from one side to the other slowly, then quickly 20 times. Try to focus on an object at the end of each head turn.
2. Head Exercises: With eyes open, bend head forward, then backwards slowly, then quickly 20 times. Turn head from one side to the other slowly at first, then quickly 20 times. As the dizziness lessens, these head exercises should be done with the eyes closed.
3. Sitting/Bending Exercises: While sitting, shrug shoulders 20 times. Turn shoulders to the right, then to the left 20 times. Bend forward to pick up objects from the ground and sit up 20 times.
4. Standing Exercises: Change from a sitting to a standing position and back again 20 times. Do this initially with eyes open. As balance improves, do this with eyes closed (but ONLY if you have a partner to help you.) Throw a small rubber ball or similar object from hand to hand above eye level. Throw the object from hand to hand under one knee.
5. Moving About: Walk across the room with eyes open, then closed, 10 times. Walk up and down a slope with eyes open, then closed, 10 times. Walk up and down steps with eyes open, then closed, 10 times. Any game involving stooping or turning is good.