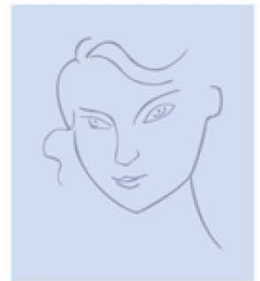
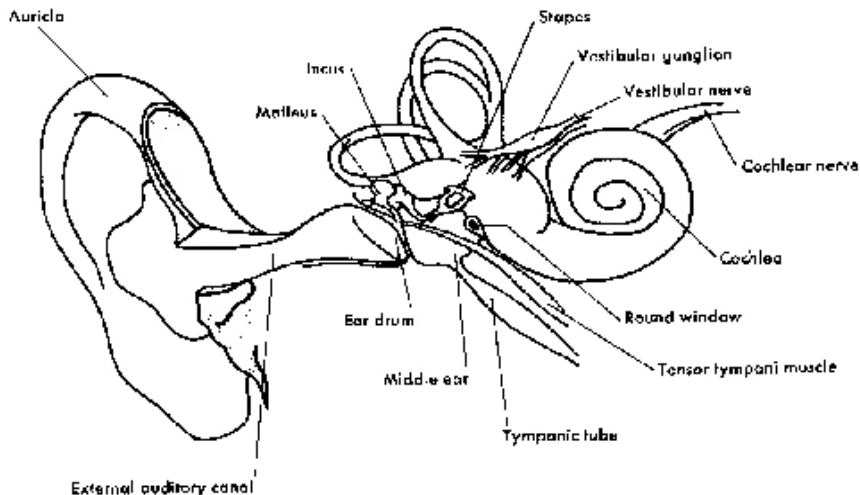


Cawthorne's head exercises



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You have two ears and therefore two balance organs call the vestibular system. If one system is damage, Cawthorne's head exercises may help train the other side to compensate for the damaged side. Exercises should be performed for 15 minutes increasing to 30 minutes, twice per day until symptoms resolve.

EYE EXERCISES:

1. Sitting down, look up at the ceiling then down to the floor. Start slowly and increase your pace. Repeat 20x.
2. Look from one side of the room to the other. Increase pace. Rpt 20x.
3. Focus on your finger held at arms length. Move your finger toward your nose following with your eyes. Increase pace. Rpt 20x.

HEAD EXERCISES:

1. Sitting down with eyes open, move your chin onto your chest then raise your chin as far into the air as is comfortable. Increase pace. Rpt 20x.
2. Move your chin from one shoulder to the other. Increase pace. Rpt 20x.
3. When dizziness improving, try 1+2 with eyes closed.

SITTING EXERCISES (initially when dizziness is severe):

1. Shrug shoulders 20x.
2. Turn shoulders right then left 20x.
3. Ben forward to pick up an object on the floor then sit up straight 20x.

STANDING EXERCISES (once dizziness has improved sufficiently):

1. Move from sitting to standing and back 20x. Initially open eyes then close.
2. Throw a small ball from hand to hand above eye level 20x.
3. Throw the ball from hand to hand under one knee 20x.

MOVING ABOUT EXERCISES (once dizziness further improved):

1. Walk across the room, turn around and come back 10x. Initially open eyes then close eyes.
2. Walk up and down a slope 10x. Initially open eyes then close eyes.
3. Walk up and down a flight of stairs 10x. Initially open eyes then close.
4. Practice any activity or game involving turning and stooping (tai chi excellent).