



## CAWTHORNE'S EXERCISES

These exercises should be carried out for 4 minutes, 10 times per day. You can expect dizziness when beginning these exercises and you will find this lessen over time with repetition.

### 1. Eye Exercises

A. Slowly look up and then down, then quickly 20 times.

B. Slowly look from side to side, then quickly 20 times.

(Try to focus on an object at the end of each head turn.)

### 2. Head Exercises:

A. With eyes open, slowly bend forward and then backwards, then quickly 20 times.

B. Slowly turn head from one side to the other, then quickly 20 times.

(As dizziness lessens, these head exercises should be done with eyes closed.)

### 3. Sitting/Bending:

A. While sitting, slowly shrug your shoulders 20 times.

B. Turn shoulders to the right, then to the left 20 times.

C. Bend forward and pick up objects from the ground and sit up 20 times.

### 4. Standing:

A. Change from a sitting to standing position, and sitting 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.)

B. Throw a rubber ball (or similar object) from hand to hand above eye level.

## EAR-EYE COORDINATION EXERCISES

### 1. Sitting:

A. Choose an object on the wall, such as a clock or picture. Keep your eyes focused on the object from about 5 feet away.

B. Turn your head to the right and left about 30 degrees, making the head motion like saying "no".

C. Move the head like a grandfather clock or metronome.

(You should be turning right to left and left to right about one time per second. Repeat this head turning 20 times/session.)

D. Focus again on an object on the wall. This time move your head up and down, making the head motion like nodding “yes”. Again perform one nod per second, and repeat 20 times.

### **EAR-BODY COORDINATION EXERCISES**

**THESE EXERCISES SHOULD BE REPEATED 10 TIMES A DAY AS TOLERATED. ENSURE THAT SOMEONE IS WITH YOU AND PREPARED TO CATCH YOU SHOULD YOU START TO FALL!**

1. Stand on a soft (compressible) surface with your eyes open for one minute. Keep shifting your weight from your left leg to your right leg.
2. Stand on a flat (firm) surface with your eyes open for one half minute. Rock back and forth about the ankle without bending at the hip.
3. Stand on a flat (firm) surface in a corner with your back against the wall. Keep your eyes closed for one minute.
4. In the corner, practice standing on your heels and then your toes with your eyes open for one half minute.
5. Walk across the room (with your partner) with eyes open, then again with them closed. Walk up and down a slope with eyes open, then closed. Perform these 10 times a day.
6. Try dancing carefully with a partner, performing frequent turns. Any activity involving stooping or turning is generally good.