



SOUTHWEST OHIO

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Instructions for Cawthorne's Head Exercises

Exercises to be carried out for 15 minutes twice daily, increasing to 30 minutes

Eye Exercises: Do each exercise 20 times.
Look up, and then down – at first slow, then quickly.
Look from one side to the other – at first slow then quickly.
Focus on a finger at arm's length away, moving finger one foot closer and then back again.

Head Exercises: Do each exercise 20 times.
Turn head forward then backward with eyes open – slow, later quick.
Turn head from one side to the other – at first slow then quickly.
As dizziness decreases, perform these exercises with eyes closed.

Sitting Exercises: Do each exercise 20 times.
While sitting, shrug shoulders.
Turn shoulders to the right, then the left.
Bend forward and pick up objects from the ground and sit up.

Standing Exercises: Do each exercise 20 times.
Change from sitting to standing and back again, repeat with eyes closed.
Throw a small rubber ball from hand to hand above eye level.
Throw a ball from hand to hand under knee.

Moving About: Do each exercise 10 times.
Walk across the room, with eyes open, then closed.
Walk up and down a slope with eyes open, then closed.
Walk up and down steps with eyes open, then closed.
Any game involving stooping or turning is good.

Head & Neck Surgery • Ear, Nose, Throat & Sinus Surgery • Pediatric ENT • Voice Analysis & Rehabilitation

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