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CAWTHORNE'S HEAD EXERCISES

Exercises to be carried out for 15 minutes twice a day increasing to 30 minutes.

- Eye exercises: Looking up, then down-- at first slowly then quickly. (20 times)
Focus on finger at arm's length, moving finger one foot closer and back again. (repeat 20 times)
- Head exercises: Bend head forward then backward with eyes open-- slowly, later quickly. (repeat 20 times)
- Turn head from one side to the other side-- slowly, then quickly. (repeat 20 times) as dizziness decreases, these exercises should be done with eyes closed.
- Sitting: While sitting, shrug shoulders. (repeat 20 times)
Turn shoulders to right, then to left. (repeat 20 times)
Bend forward and pick up objects from ground and sit up. (repeat 20 times)
- Standing: Change from sitting to standing and back again. (repeat 20 times with eyes open, then repeat with eyes closed)
Throw a small rubber ball from hand to hand above eye level.
Throw ball from hand to hand under one knee.
- 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.
- Head: Lay head back and to the _____ like done in the office.