

CAWTHORNE'S HEAD EXERCISE FOR DIZZINESS

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

1. **EYE EXERCISE:** Looking up, then down. At first slowly then quickly 20 times. Looking from one side then to the other, at first slowly then quickly 20 times. Focus on finger at arm's length, moving a distance of one foot and back again 20 times.
2. **HEAD EXERCISE:** Bend head forward then quickly backward with eyes open slowly, then later quickly 20 times. Turn head from one side then to the other again quickly 20 times. As dizziness gradually subsides, these exercises should be done with eyes closed.
3. **SITTING:** While sitting shrug shoulder 20 times. Turn shoulders to the right then to the left 20 times. Bend forward and pick-up objects from the floor and sit up 20 times.
4. **STANDING:** change from sitting to standing and back again 20 times with eyes opened. Repeat with eyes closed. Toss ball from hand to hand above eye level. Toss ball from hand to hand under one knee, then the other knee 20 times.
5. **MOVING AROUND:** Walk across the room with eyes opened 10 times, then again with eyes closed 10 times.
 - Walk up and down a slope with eyes opened 10 times, then again with eyes closed 10 times.
 - Walk up and down steps with eyes opened 10 times, then again with eyes closed 10 times.
 - Any game or exercise involving stooping or turning is also-useful.
 - Wear comfortable clothing and shoes with good support! Have a helper or assistant with you to prevent falling and to provide some stability.