Associates in Ear, Nose, Throat & Facial Plastic Surgery, PA

Facial Plastic and Cosmetic Surgery • Electronystagmography
Head and Neck Surgery • Pediatric Otolaryngology

Cawthorne's Head Exercises

The following exercises should be carried out for 5 minutes, 3 times a day. You can expect dizziness to occur when first beginning the exercises. Please be seated while doing the first three exercises.

1. Eye Exercises	Looking up, then down -- at first, slowly, then quickly 20 times. Looking from one side to the other -- slowly then quickly, 20 times.
2. Head Exercises	Bend head forward -- then backward with eyes open -- slowly, then quickly 20 times. Turn head from one side to the other side -- slowly, then quickly 20 times. As dizziness improves, these head exercises should be done with eyes closed.
3. Sitting	While sitting, shrug shoulders 20 times. Turn shoulders to right; then to left, 20 times. Bend forward and pick up objects from ground and sit up, 20 times.
4. Standing	Change from sitting to standing and back again, 20 times, with eyes open. 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.