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Greenville Ear, Nose & Throat

## Cawthorne's Head Exercises

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The following exercises should be performed for 15 minutes twice a day (for a total of 30 minutes). Gradually increase the time to 30 minutes twice a day (for a total of 60 minutes).

### Eye Exercises

- Look up, then down—at first slowly, then quickly. Repeat 20 times.
- Look from one side to the other—at first slowly, then quickly. Repeat 20 times.
- Focus on one finger at arm's length, moving the finger one foot closer to you and then back again. Repeat 20 times.

### Head Exercises

- Bend your head forward and then backward with your eyes open—at first slowly, then quickly. Repeat 20 times.
- Turn your head from one side to the other—at first slowly, then quickly. Repeat 20 times.
- As dizziness decreases, perform these exercises with your eyes closed.

### Sitting Exercises

- While sitting, shrug your shoulders. Repeat 20 times.
- Turn your shoulders to the right and then to the left. Repeat 20 times.
- Bend forward and pick up objects from the ground, and then sit up. Repeat 20 times.

### Standing Exercises

- Change from sitting to standing and back again. Perform 20 times with your eyes open. Repeat 20 times with your eyes closed.
- Throw a small rubber ball from one hand to the other. Keep the ball above eye level. Perform 20 times.
- Throw this ball from hand to hand under one knee. Perform 20 times.

### Exercises While Moving About

- Walk across the room with your eyes open and then closed. Perform 10 times with eyes open and 10 times with eyes closed.
- Walk up and down a slope with your eyes open and then closed. Perform 10 times with eyes open and 10 times with eyes closed.
- Walk up and down steps with your eyes open and then closed. Perform 10 times with eyes open and 10 times with eyes closed.
- Perform any game that involves stooping and turning.

Please call our office if you have questions about this information:

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