



CAWTHORNES HEAD EXERCISES

Overview

Vertigo, a form of dizziness that feels as though everything around you is whirling or moving, can be caused by inner ear or vision problems, according to Medical News Today. The word vertigo is often used to describe any type of dizziness. Aside from dizziness, actual vertigo may include nausea, vomiting, loss of balance, light-headedness, earache or blurred vision. Cawthorne exercises are sometimes prescribed to restore balance and remove vertigo by training your brain to work through any signal problems for good.

Exercises

Exercises to be carried out for 15 minutes twice a day increasing to 30 minutes. Dizziness is expected when first beginning the exercises.

Eye Exercises:

Looking up, then down -- at first slowly, then quickly 20 times. Looking from one side to the other -- at first slowly, then quickly 20 times. Focus on your thumb at arms length, moving it one foot toward you and back again. 20 times

Head Exercises:

Bend head forward then backward with eyes open -- slowly, later quickly 20 times. Turn head from one side to the other -- slowly, then quickly 20 times. As dizziness improves, these head exercises should be done with eyes closed.

Sitting:

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

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.



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Moving About:

Walk across 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. Pilates or Tai Chi can be very helpful.

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