

CAWTHORNE'S HEAD 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 finger at arm's length, moving finger one foot closer and back again. 20 times.

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 decreases, these exercises should be done with eyes closed.

SITTING

- While sitting, shrug shoulders. 20 times.
- Turn shoulders to the right, then to the left. 20 times.
- Bend forward and pick up objects from 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 a ball from hand to hand under one knee.

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.

Exercises to be carried out for 15 minutes twice daily, increasing to 30 minutes.