



## EAR, NOSE & THROAT CONSULTANTS OF NEVADA

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### CAWTHORNE HEAD EXERCISES

Exercises are to be carried out for 15 minutes, twice daily. Increasing the time to 30 minutes as your physical status permits, do only the exercises that MAKE you dizzy.

#### 1. EYE EXERCISES:

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

#### 2. HEAD EXERCISES:

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

#### 3. STANDING:

- Change from sitting to standing and back again with eyes open-20 times. Repeat with eyes closed. Do not push up with hands.
- Throw rubber ball from hand to hand above eye level. Throw ball from hand to hand under one knee.

#### 4. MOVING ABOUT:

- Walk across room with eyes open, then closed-10 times.
- If available, 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. Do not hold banister.

Websites of interest:

- [www.medlineplus.gov](http://www.medlineplus.gov)
- [www.balanceandmobility.com](http://www.balanceandmobility.com)
- [www.vestibular.com](http://www.vestibular.com)
- [www.ent.net](http://www.ent.net)
- [www.americanheart.org](http://www.americanheart.org)
- [www.webmd.com](http://www.webmd.com)

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