About Our Group:

Ear Nose and Throat Consultants of Nevada (ENTC) represents a state of the art practice dedicated to the diagnosis and treatment of diseases of the head and neck and related structures (the medical specialty of otolaryngology).

ENTC is the largest ear, nose and throat specialty practice in the entire southwest desert. ENTC provides a comprehensive and unique capability to evaluate and treat disorders in this field of health care.

The mission of ENTC, since its inception, has been to provide excellent care for patients and to accomplish this within a friendly, caring atmosphere. The physicians of ENTC comprise a group of dedicated and highly trained specialists with a tradition of service excellence in Nevada for the last five decades. Additionally, difficult cases are frequently discussed at regular group meetings so that these patients receive the benefit of opinions from 8 or 9 physicians.

Finally, ENTC is a dynamic organization keeping pace with technological and informational progress in otolaryngology for the benefit of its patients and referring physicians.

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CAWTHORNE’S HEAD EXERCISES

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Cawthorne's Head Exercises

Exercises are to be carried out for 15 minutes, twice daily, increasing the time to 30 minutes as your physical status permits.

1. Eye Exercises:
   - Look up, then down - first slowly, then quickly - 20 times.
   - Looking from one side to the other - first slowly, then quickly - 20 times.
   - Focus on finger at arms length, moving finger one foot closer and back again - 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 - 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 - 10 times.
   - Bend forward and pick up objects from ground and sit up - 20 times.

4. Standing:
   - Change from sitting to standing and back again with eyes open - 20 times. Repeat with eye closed.
   - Throw rubber ball from hand to hand above eye level.

5. 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 eye open, then closed - 10 times.
   - Any game involving stooping or turning is good.

Websites of Interest
- www.BalanceandMobility.com
- www.Vestibular.com
- www.ENT.net
- www.AmericanHeart.org
- www.WebMD.com