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Cawthorne's Head Exercises for Dizziness/Vertigo

15 minutes-2 times per day and increase to 30 minutes-2 times per day

- 1. Eyes:**
 - a) Look up then down- at first slowly then quickly 20x
 - b) Look from on side to the other-first slowly then quickly 20x
 - c) Focus on a finger at arm's length moving the finger one foot closer then away again 20 times.

- 2. Head:**
 - a) Bend head forward then backward with eyes open-slowly later quickly 20 times
 - b) Turn head from one side to the other slowly then quickly
 - c) As dizziness decreases these exercises should be done with eyes closed

- 3. Sitting:**
 - a) While sitting shrug shoulders 20 times
 - b) Turn shoulders to the right then left 20 times
 - c) Bend forward and pick up object from ground and sit up 20x

- 4. Standing:**
 - a) Move from sitting to standing 20 times with eyes open
 - b) Repeat with eyes closed
 - c) Throw a small rubber ball from hand to hand above eye level
 - d) Then ball under knee level

- 5. Moving:**
 - a) Walk around room with eyes open 10 times then with eyes closed 10 times
 - b) Walk up and down slow with eyes open then closed 10 times
 - c) Walk up and down steps with eyes open then closed 10 times