

# DRS. GEHRIS, JORDAN, DAY & ASSOCIATES, LLC

Head and Neck Surgery . Ear, Nose and Throat Surgery . Facial Plastic & Reconstructive Surgery

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## CAWTHORNE'S HEAD EXERCISES

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

- EYES:** 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 then back again, 20 times.
- HEAD:** Bend head forward, then backward with eyes open – slowly, later quickly, 20 times. Turn head from one side to the other side – slowly, then quickly, 20 times. As dizziness decreases over time, these exercises should be done with eyes closed.
- SITTING:** While sitting, shrug shoulders 20 times. Turn shoulders to right, then 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, with eyes open. Repeat with eyes closed, 20 times. Throw a small rubber ball from hand to hand above eye level. Throw 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.

## VESTIBULAR EXERCISES

1. You can be standing or seated for these exercises.
2. While looking straight ahead and making sure that your perception of viewed objects remains stable, move your head to the right and left, back and forth. This movement is the same as that carried out by shaking your head to indicate "no". Start slowly and increase the speed of head movement as much as possible. Don't let viewed objects appear to wobble. Shake your head a few times and then stop. Take a deep breath and relax. Then, repeat the exercise. Keep doing this for about five minutes and repeat it twice a day.
3. Turn your head to the right and look at viewed objects that are on your right side. Quickly turn your head to the left and look at objects that are on your left side. Be sure that you focus your eyes as soon as the head movement is completed. Relax and after a few seconds, turn back to the right. Repeat this cycle of looking to the right and then to the left alternately for several cycles again. Keep doing this for 5 to 10 minutes twice a day. BE sure that you focus your eyes immediately after each head turn.

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