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CAWTHORNE'S HEAD EXERCISES

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

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 arms length, moving finger one foot closer and back again, **20 times**.

Head exercises:

Bend head forward then backward with eyes open slowly, later quickly, **20 times**.

Turn head from one side to the other-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 right, then to 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 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 and turning is good.