

## **CAWTHORNE'S HEAD EXERCISES**

Exercises to be carried out for 5 minutes, 3 times a day. You can expect dizziness to occur when first beginning the exercises.

Please be seated while doing the first three exercises.

- 1-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.
- 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 the left, 20 times. Bend forward and pick up object from the ground and sit up, 20 times.
- 4-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.