



GEORGIA  
CENTER *for*  
Ear, Nose & Throat  
FACIAL PLASTIC SURGERY

## **Cawthorne Head Exercises**

(For Positional Vertigo)

Exercises to be carried out for 4-5 minutes, 10-12 times a day. You can expect dizziness to occur when first beginning the exercises. Please be seated while doing them.

### **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.

### **Head Exercises**

Bend head forward – then backward with eyes open –slowly, then quickly 20 times. Turn head from one side to the other side - slowly, then quickly 20 times. As dizziness improves, these head exercises should be done eyes closed.

### **Sitting**

While sitting, shrug shoulders, 20 times. Turn shoulders to the right, then 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, 20 times. Walk up and down steps with eyes open, then closed, 20 times. Any game involving stooping or turning is good.