

CAWTHORNE-COOKSEY VESTIBULAR EXERCISES

DO EACH EXERCISES 5 TIMES MORNING AND EVENING

1ST MONTH - SEATED

1. Eye movements—at first slowly, then quickly:
 - up and down
 - side to side
 - diagonal movements
 - focusing on finger moving from 3 feet to 1 foot away from face
2. Head movements, at first slowly then quickly. Later with eyes closed.
 - bending forwards and backwards
 - turning from side to side
 - tilting from side to side
 - diagonal movements
3. Coordinated movements of both the eyes and the head in the same direction as #2.
4. Shoulder shrugging and circling.
5. Bending forward and picking up objects from the ground.

2ND MONTH - STANDING (Do the 1ST month's exercises and the following exercises)

1. Changing from sitting to standing position with the eyes open and shut.
2. Throwing ball from hand to hand (above eye level).
3. Throwing ball from hand to hand under knee.
4. Change from sitting to standing and turning around in between.

3rd MONTH - MOVING ABOUT

1. Walking across the room with eyes open and then closed.
2. Walking up and down a slope with the eyes open and then closed (optional).
3. Walking up and down steps with eyes open and then closed.
4. Sitting up and lying down in bed.
5. Standing up and sitting down in a chair.
6. Recovering balance when pushed in each direction.
7. Throwing and catching a ball.