

CAWTHORNE 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. Focus on one finger at arm's 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 side – 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 the left 20 times. Bend forward and pickup objects from ground 20 minutes.