



Mayfair Internal Medicine, P.C.

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Cawthorne's Head Exercises

If your unsteadiness or dizziness is brought on by quick changes in position or head movements, the exercise listed below should be practiced. These exercises can also help other balance problems as well.

The rationale for the use of these exercises is best explained by an example. You are familiar with the figure skater who is able to spin rapidly, stop suddenly, and skate off without difficulty. She is able to do this because she trains or conditions her balance mechanism not to become dizzy. These exercises can help you in a similar manner.

Simply stated, you must seek out and overcome those positions or situations which cause your dizziness. Avoiding them will only delay your recovery.

Exercise are to be carried out for 15 minutes, twice a day, increasing to 30 minutes. Exercises 1-4 repeat 20 times each: exercise first slowly, then quickly. Exercise number 5 should be repeated 10 times.

1. **Eye Exercise:** Look up, then down.
Focus on finger at arm's length, moving one foot and back again.
Look from one side to another.
2. **Head Exercise:** Bend head forward then backward with eyes open.
Turn head from one side to the other. As dizziness improves, these head exercises should be done with eyes closed.
3. **Sitting:** While sitting, shrug shoulders.
Turn shoulders to right then left.
Bend forward and pick up objects from ground and sit up.
4. **Standing:** Change from sitting to standing and back again with eyes open.
Repeat with eyes closed.
Throw a small rubber ball from hand to hand above eye level.
Throw the ball from hand to hand under one knee.
5. **Moving About:** Walk across room with eyes open, then closed.
Walk up and down a slope with eyes open, then closed.
Walk up and down a steps with eyes open then closed.
Any game involving stooping or turning is good.

If you have any questions please call us at the number below.

