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EAR, NOSE AND THROAT HEAD AND NECK SURGERY

CAWTHORNE EXERCISE PROGRAM TO HELP OVERCOME DIZZINESS

- I. In order to derive the most benefit, exercises must be done diligently three times a day for at least five minutes.
- II. At each of these times, always start with number 1 in the schedule and proceed to the point at which the exercises cause discomfort from dizziness.
- III. As soon as dizziness occurs, stop and wait for the next exercise period.
- IV. All exercises are started in exaggerated slow time, then progress gradually to more rapid time. The rate of progression—from bed, to sitting, to standing—varies from patient to patient.
- V. A period of 2 months is needed to give the program a fair chance.

EXERCISES

- A. In bed, supine (only if you cannot sit up); otherwise skip to part B.
 1. Head immobile, eye movements (at first slow, then more quickly).
 - a. Up and down
 - b. Side to side
 - c. Repeat a and b, focusing on a finger
 - d. Focus on finger moving back and forth from about 3 feet to 2 inches away from face.
 2. Head mobile, head movements (at first slow, then more quickly).
Later on with your eyes closed.
 - a. Bend forward and backward.
 - b. Turn from side to side.
- B. Sitting position, without arm rests:
 1. Repeat #1 above.
 2. Repeat #2 above.
 3. Shrug shoulders and rotate upper body.
 4. Bend forward and pick up objects from the ground.
 5. Rotate head and shoulders slowly, then quickly.
 - a. Rotate head with eyes open, then closed.
 6. Rotate head, shoulders, and trunk with eyes open, then closed.
- C. Standing:
 1. Repeat #1 above.
 2. Repeat #2 above.
 3. Repeat #5 above.
 4. Change from a sitting to a standing position with eyes open, then with them shut.
 5. Throw ball from hand to hand (at eye level).
 6. Throw ball from hand to hand (above eye level).
 7. Change from sitting to standing and turn around in between.
 8. Repeat #B6 above
- D. Walking:
 1. Walk across the room with eyes open, then closed.
 2. Walk up and down slope with eyes open, then closed.
 3. Do any games involving stooping or stretching and aiming, such as bowling or shuffleboard.
 4. Stand on one foot with eyes opened, then closed.
 5. Walk with one foot in front of the other with eyes opened, then closed.