CAWTHORNE'S 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**.
- Looking from one side to the other at first slowly then quickly, **20 times**.
- Focus on finger at arms 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-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 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, **10 times**
- Walk up and down steps with eyes open, then closed, **10 times**
- Any game involving stooping and turning is good.