

Cawthorne – Cooksey Vestibular Exercise Program to Overcome Dizziness

All exercises are started in exaggerated slow time and gradually progressed to more rapid time. The rate of progression from the bed to sitting and then standing exercises depends upon the vertigo of each individual case.

A. In bed supine (only if the patient cannot sit up), otherwise in sitting position without arm rest.

1. **Head immobile, eye movement – at first slow, then quick.**
 - a. **Up and down**
 - b. **Side to Side**
 - c. **Repeat a. and b. , focusing on finger**
 - d. **Focusing on finger moving from about 3 feet to 2 inches away from the face and back**
2. **Head mobile – head movements at first slow, then quick. Later with eyes closed.**
 - a. **Bending forward and backward**
 - b. **Turn from side to side**

B. Sitting position – without arm rests.

Repeat as in 1. and 2.

3. **Shrug shoulders and rotate**
4. **Bend forward and pick up objects from the ground**
5. **Rotate head and shoulders slow, then fast. Rotate head with open eyes, then closed.**
6. **Rotate head, shoulders and trunk with eyes open, then closed**

C. Standing

7. **Repeat number 1.**
8. **Repeat number 2.**
9. **Repeat number 3.**
10. **Change from sit to stand position, with eyes open, then closed**
11. **Throw ball from hand to hand (above eye level)**
12. **Throw ball from hand to hand under knees**
13. **Change from sitting to standing and turn around in between**
14. **Repeat number 6**

D. Walking

15. **Walk across room with eyes open, then closed**
16. **Walk up and down slope with eyes open, then closed**
17. **Do any games involving stooping, or stretching and aiming, such as bowling, shuffleboard, etc.**
18. **Stand on one foot with eyes open, then closed**
19. **Walk with one foot in front of the other with eyes open, then closed**