

Vestibular Exercises

If your unsteadiness or dizziness is brought on by quick changes in position or head movements, the exercise listed below could be practiced.

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. He is able to do this because he trains or conditions his balance mechanism not to become dizzy. These exercises can help you in a similar manner.

Stated simple, you must seek out and overcome those positions of situations which cause your dizziness. Avoiding them only prolongs your convalescence.

CAWTHORNES HEAD EXERCISES

Exercises to be carried out for 15 minutes, twice a day, increasing to 30 minutes.

1. **Eye Exercises:** Looking up then down - first slowly then quickly - 10 times. Focus on finger at arm's length, moving one foot and back again - 10 times.
2. **Head Exercises:** Bend head forward then backward with eyes open - slowly, later quickly - 10 times. Turn head from one side to other - slowly then quickly - 10 times. As dizziness improves, these head exercises should be done with eyes closed.
3. **Sitting:** While sitting, shrug shoulders - 10 times. Turn shoulders to right then to left - 10 times. Bend forward and pick up objects from ground and sit up - 10 times.
4. **Standing:** Change from sitting to standing and back again - 10 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.
5. **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. Any game involving stopping or turning is good.