NEUROLOGY GROUP of BERGEN COUNTY

CAWTHORNE'S HEAD EXERCISES

1.) Eye Exercises: Looking up, then down—at first slowly, then quickly, 20 time. Looking from one side to other—at first slowly, then quickly, 20 times. Focus on finger at arms length, moving one foot and back again, 20 times.

2.) Head Exercises: Bend head forward then backward with eyes open—slowly later quickly, 20 times. Turn head from one side to other side—slowly, then quickly, 20 times. As dizziness improves, these head exercises should be done with eye closed.

3.) Sitting: While sitting, shrug shoulder, 20 times. Turn shoulders to right then to left, 20 times. Bend forward and pick up objects from ground and sit up, 20 times.

4.) Standing: Change from sitting to standing and back again, with eyes open, 20 times. 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. Walk up and down steps with eyes open, then closed, 10 times. Any game involving stooping or turning is good.

1200 East Ridgewood Avenue • East Wing, Suite 208 • Ridgewood, New Jersey 07450 • Tel: (201) 444-0868 • Fax: (201) 447-0581