



Orlando Ear, Nose & Throat Associates, P.A.

Michael M. Bibliowicz, D.O. * Dale C. Harrington, D.O. * David R. Rabaja, D.O.
Ear, Nose & Throat

Head & Neck Surgery, Facial Plastic Surgery, E.N.T. Allergy, Hearing Aids

CAWTHORNE'S HEAD EXERCISES

Exercises to be carried out for 5 minutes twice a day

EYE

EXERCISE:

Looking up, then down at first slowly then quickly. 20 times. Looking from one side to the other - slowly at first then quickly. 20 times. Focus on finger at arm's length, moving finger one foot closer and back again. 20 times.

HEAD

EXERCISE:

Bend head forward then backward with eyes open - slowly, later quickly. 20 times. Turn head from one side to the other side - 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 the right, then to the left. 20 times. Bend over and pick up objects from the 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 one hand to the other above eye level. Throw ball from one hand to the other under one knee.