

## Cawthorne's Head Exercises for Benign Positional Vertigo

The following exercises should be carried out for 5 minutes, 3 times a day. You can expect dizziness to occur when first beginning the exercises. Please be seated while doing the first three exercises.

1. Eye Exercises Looking up, then down -- at first, slowly, then quickly 20 times. Looking from one side to the other -- slowly then quickly, 20 times.

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

3. 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.

4. 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

***Important: Please do not drive or engage in any activity that requires normal balance and equilibrium until your symptoms are resolved.***