

Dr Shiraz Aslam

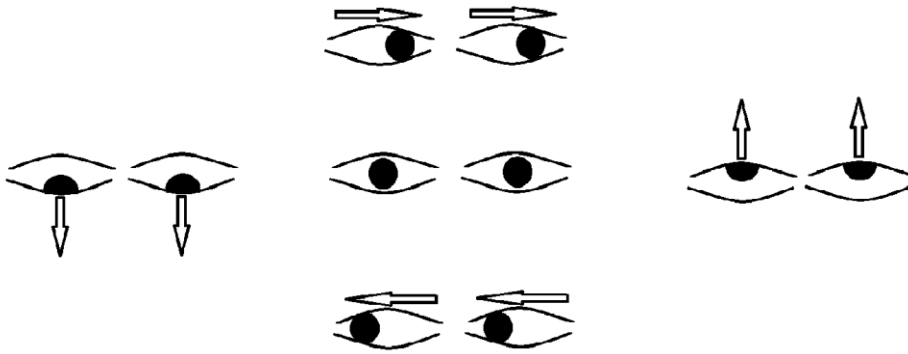
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(please print out these pages for reference)

Cawthorne Cooksey Exercise

1. In bed or sitting (do these 20 times)



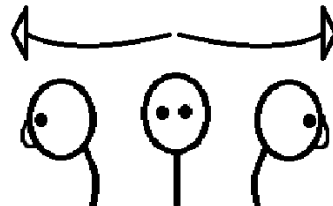
1. Eye movements -- at first slow, then quick

1. up and down
2. from side to side
3. focusing on finger moving from 3 feet to 1 foot away from face



2. Head movements at first slow, then quick, later with eyes closed (do these 20 times)

1. bending forward and backward



2. turning from side to side

Do these exercises with the eyes closed as the vertigo decreases.

2. Sitting (do these 20 times)

1. Eye and head movements as above.
2. Shoulder: shrug and encircle your shoulders. Turn shoulders to the left then to the right and repeat with eyes closed.
3. Bending forward as if picking up objects from the ground.

3. Standing (do these 20 times)

1. Eye, head and shoulder movements as before.
2. Change from a sitting to a standing position with the eyes open and then shut
3. Throw a small ball from one hand to the other (above eye level).
4. Throw a small ball from one hand to the other (under knee)
5. Change from a sitting to a standing position and turn around in between

4. Moving about (do these at least 10 times)

1. Circle around a person in the center who will throw a large ball at you and to whom you throw it back.
2. Walk across the room with your eyes open and then closed
3. Walk up and down a slope with your eyes open and then closed
4. Walk up and down the steps with your eyes open and then closed

Any ball game where you have to bend or turn is excellent for this problem.