

## **Cawthorne-Cooksey (Vestibular) Exercises**

### 1. In bed or sitting

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
  1. bending forward and backward
  2. turning from side to side.

### 2. Sitting

1. Eye movements and head movements as above
2. Shoulder shrugging and circling
3. Bending forward and picking up objects from the ground

### 3. Standing

1. Eye, head, and shoulder movements as before
2. Changing from sitting to standing position with eyes open and shut
3. Throwing a small ball from hand to hand (above eye level)
4. Throwing a ball from hand to hand under knee
5. Changing from sitting to standing and turning around in between

### 4. Moving about

1. Throw a large ball back and forth to a partner
2. Walk across room with eyes open and then closed
3. Walk up and down slope with eyes open and then closed
4. Walk up and down steps with eyes open and then closed
5. Any game involving stooping and stretching and aiming such as bowling and basketball

The more regularly these exercises are carried out, the more helpful they can be. Recommended at least twice a day for 4-6 weeks. These activities should be done with a supervised group or individual patients should be accompanied by a friend or relative who also learns the exercises.

(Adapted from Dix and Hood, 1984 and Herdman, 1994; 2000)

(Office Forms New: Cawthorne exercises 5/2020)