

Vestibular Exercises (Cooksey-Cawthorne Exercises)

One particular type of dizziness is a spinning sensation called **vertigo**. It's how you feel getting off a merry-go-round. Sometimes you feel nausea at the same time. These exercises sometimes help people get better faster, or at least tolerate their symptoms better. Try the simpler exercises at the top of the table first. As you are able to tolerate them without difficulty, advance to the more challenging exercises listed below.

In Bed

Eyes

Movements at first slow, then fast

1. Up and down, side to side
2. Focus on a finger moving 3 ft to 1 ft from face

Head

Movement at first slow, then fast (also with eyes closed)

1. Bend forward and backward
2. Turn from side to side

Sitting

Head

Movement at first slow, then fast (also with eyes closed)

1. Bend forward and backward
2. Turn from side to side

Trunk

1. Bend forward to pick up objects from the floor
2. Bend forward to pick up ball from floor, return to sitting and twist body to put ball behind, first to left, then right
3. Drop shoulder and head sideways to left and right
4. Throw and catch a ball (above eye level) from side to side

Standing

As above (under "Sitting"), plus

1. Change from sitting to standing with eyes open and closed; also turning around in between
2. Turn on the spot to left and right, eyes open and eyes closed (will require supervision)
3. Walk with another person, throwing and catching a ball, in a circle and straight line
4. With another person's help, walk with eyes open and closed, backward and forward, sideways, turning head, looking in all directions to avoid fixating gaze
5. Walk in a circle forward and backward with head turned to the left and right, eyes open and eyes closed

Lying Down

1. Roll head from side to side, also over the edge of bed
2. Roll whole body from side to side
3. Sit up straight, forward and from side lying down

Moving About

1. Walking across room with eyes open and then closed
2. Walking up and down slope with eyes open and then closed
3. Walking up and down steps with eyes open and then closed
4. Playing games that require stooping and stretching and aiming