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## **CAWTHORNE BALANCE EXERCISES**

Sometimes, following severe symptoms of dizziness, you may find that certain positions or fast movements continue to cause balance problems. The aim of these exercises is to help patient loosen the muscles of the neck and shoulder, to overcome the protective muscle spasm and the tendency to move "in one piece". They help to train your eyes to move independently of your head. By practicing these movements that cause your dizziness, you may be able to overcome the disability. These exercises will hopefully improve your maneuverability in both daylight and darkness. Generally, our aim with these exercises is to encourage the restoration of self confident and easy, spontaneous movement.

### **IN BED**

1. Eye movement – at first slow, then quick
  - (a.) Up and down
  - (b.) Side to side
  - (c.) 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
  - (a.) Bending forwards and backwards
  - (b.) Turning from side to side

### **SITTING**

1. Shoulder shrugging and circling
2. Bending over and picking up objects from floor

### **STANDING**

Repeat 1 and 2 "IN BED" and 1 in "SITTING"

1. Changing from sitting to standing position with eyes open and closed
2. Throwing ball from hand to hand (above eye level)
3. Throwing ball from hand to hand under knee
4. Changing from sitting to standing and turning around in between

### **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. Any game involving stooping, stretching and aiming; such as in bowling, horseshoes or shuffleboard.

The exercises outlined may be varied or extended as needed. However, the order of the exercises should not be changed. These exercises should be done 2-3 times a day in repetitions of 5 (i.e. 5; 10; 15; 20). If you have any questions, please let us know.