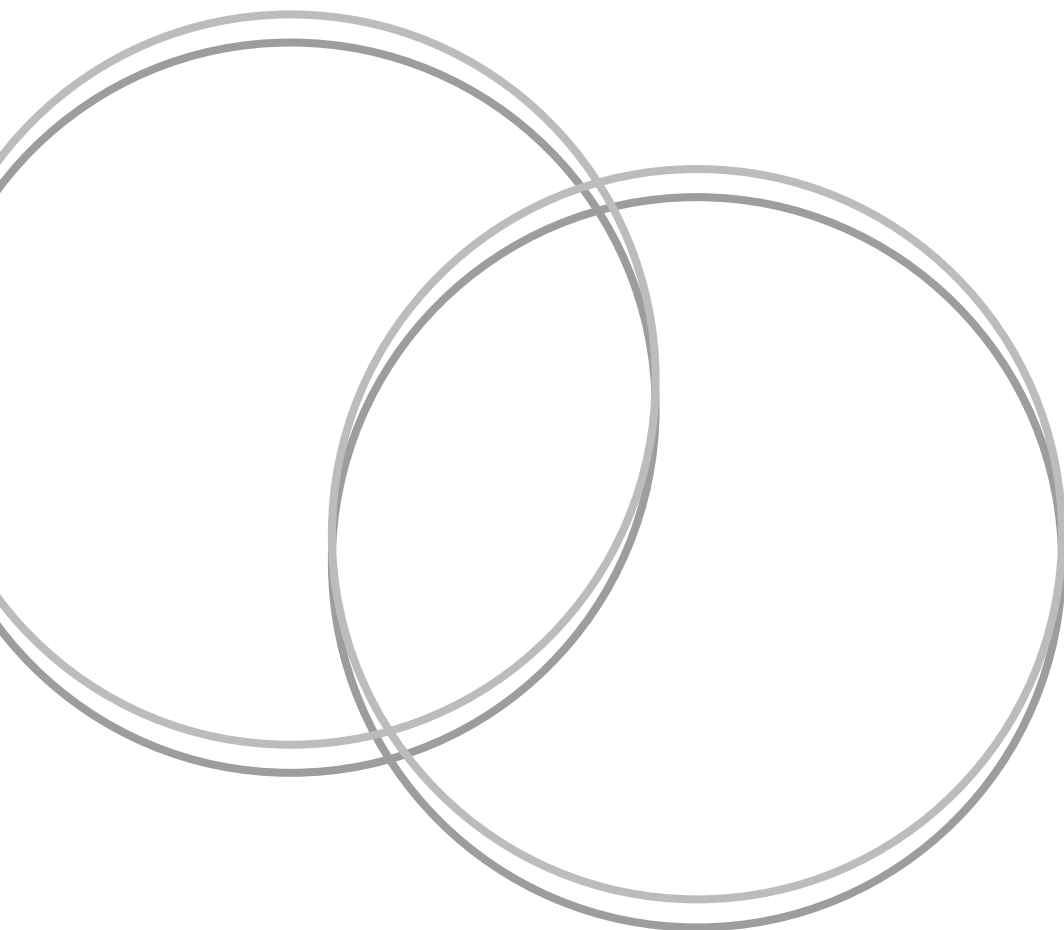


Cawthorne-Cooksey Exercises

Information for patients



Instructions for patients

An important part of how we balance ourselves is controlled by structures within the inner parts of our ears (the vestibular system). Along with our eyes and brain they make up a system which when working together correctly gives us a sense of balance.

If these structures in the ears are not working correctly then you may experience dizziness or a feeling like you're spinning or the world around you is spinning (vertigo). This can sometimes cause nausea and vomiting. This can be very distressing and can be disabling. There are however exercises that can help overcome this.

The exercises should be performed **THREE times a day**, morning, lunchtime and evening. Grade the severity of your symptoms as you do this exercise, using the following scale:

- 0) Symptom free
- 1) Mild discomfort
- 2) Discomfort
- 3) Severe.

Start on step 1, only when the symptoms clear, or after two weeks, move on to Step 2 and then Step 3.

A conscious effort should be made to seek out head positions and movements that cause vertigo as far as tolerated. The more frequently vertigo is brought on, the better the brain is able to adapt and symptoms improve.

Exercises

Step 1: Lying in bed

- 1) Eye movements:** at first slow, then quick.
 - a) Up and down - repeat 5 times
 - b) From side to side - repeat 5 times
 - c) Focus on finger and move it from 3ft (arm's length) to 1ft (30cm) away from face - repeat 5 times
 - d) Repeat a, b and c 5 times.
- 2) Head movements:** at first slow, then quick.
 - a) Bend backwards and forwards - repeat 5 times
 - b) Turn from side to side - repeat 5 times
 - c) Repeat a and b with your eyes closed
 - d) Repeat a, b and c 5 times.

Step 2: Whilst sitting

- 1) Eye movements:** Repeat point 1 as above
- 2) Head movements:** Repeat point 2 as above
- 3) Shoulder shrugging and circling**
- 4) Bend forward and pick up an object from the ground - repeat 5 times**
- 5) Repeat all of step 2 exercises 5 times.**

Step 3: Whilst standing

- 1) Eye movements:** Repeat point 1 as above
- 2) Head movements:** Repeat point 2 as above
- 3) Shoulder shrugging and circling**
- 4) Change from sitting to standing with eyes open then eyes closed - repeat 5 times**
- 5) Throw a small ball from hand to hand above eye level - repeat 5 times**
- 6) Change from sitting to standing, turning around a full circle before sitting down again - repeat 5 times**
- 7) Repeat all of Step 3 exercises 5 times.**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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