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## **Cawthorn-Cooksey Exercises (Balance Exercises) Exercises for the management of vertigo**

These exercises are designed to stimulate or “work” the vestibular system and eventually lessen vertigo during daily activities. Each exercise is to be done at least twice per day beginning with 5 repetitions each and increasing to 10 repetitions if you are able.

### **Head and eye movements while sitting**

1. Keeping head still, look up and then down.
2. Keeping head still, look side to side.
3. Hold a finger out at arm’s length. Focus on your finger and bring it in toward your nose, and then back out again.
4. Move your head slowly side to side with your eyes open.
5. Mover your head quickly side to side.
6. Move your head slowly up and down with your eyes open.
7. Move your head quickly up and down.
8. Repeat number 4-7 with your eyes closed.

### **Head and body movements while sitting**

1. Place an object on the floor in front of you. Reach down to pick it up, and then return to an upright position. Remember to look down at the object, and then look back up when you bring your trunk back up.
2. Bend forward and pass the object back and forth under your knees.

### **Standing exercises**

1. Go from a seated to a standing position, and then return to sitting.
2. Repeat this with eyes closed.
3. Repeat number 1 but turn a full circle while standing before sitting down again.

### **Other activities to improve balance**

1. Walk up and won stairs carefully with your eyes open, and then closed. Hold onto a handrail for safety, if needed.
2. While standing, practice making sudden 90 degree turns first with the eyes open, and then closed.
3. While walking, look side to side. This is best done in a grocery store. Read labs as you walk down the aisle.
4. Practice standing on one foot, first with eyes open, and then closed.
5. Do the following on a soft surface (egg crate mattress, pillow, or foam mat):
  - a. First, walk across the surface to get used to it.
  - b. Walk heel to toe with the eyes open, and then closed.
  - c. Practice standing on one foot with the eyes open, and then closed.