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## **CAWTHORNE COOKSEY EXERCISES**

### **Eye Exercises**

Look up, then down- at first slowly then quickly- 20 times.

Look from one side to another-at first slowly, then quickly- 20 times.

Focus on finger at arm's length, move finger one-foot closer and back again- 20 times.

### **Head Exercises**

Bend head forward then backward with eyes open-slowly, then quickly- 20 times.

Turn head from one side to other side- slowly, then quickly- 20 times.

As dizziness decrease, these exercises should be done with eyes closed.

### **In Bed**

Eye movements: at first slow, then quick

Up and down

From side to side

Focus on finger moving from 3 feet to 1 foot away from face

Head movements: at first slow, then quick

Bending forward and backwards

Turning from side to side

Later with eyes closed

### **Sitting**

While sitting, shrug shoulders- 20 times.

Turn shoulders to right, then to left- 20 times

Bend forward and pick up objects from ground and sit up- 20 times.

### **Standing**

Change from sitting to standing and back again- 20 times with eyes open.

Repeat with eyes closed.

Throw an object from hand to hand above eye level. (small rubber ball, apple, socks)

Throw ball from hand to hand under one knee.

### **Moving About**

Walk across room with eyes open, then closed- 10 times.

Walk up and down a slope with eyes open, then closed- 10 times.

Walk up and down steps with eyes open, then closed- 10 times.

Any game involving stooping or turning is good.

Three exercise sessions per day for at least 5 minutes are recommended. You should seek out the head positions and movements that cause vertigo, as far as can be tolerated, since the more frequently vertigo is induced, the more quickly the compensation will occur. We recommend doing the exercises in bed the first week, sitting the second week, standing the third week, and moving about the fourth week.