

EAST VALLEY E.N.T.

OTOLARYNGOLOGY/HEAD & NECK SURGERY
ALLERGY, HEARING, VOICE CARE, PEDIATRIC ENT & NASAL SURGERY
WARREN S. LINE, JR., M.D., F. A. C. S.

----- CAWTHORNE'S VESTIBULAR EXERCISES -----

These exercises are designed to help the inner ear accommodate to your balance disorder.
They should be done at least...

- Fifteen (15) minutes at a time
- Two (2) times daily
- Five (5) days a week
- Six (6) weeks total

1. **Eye Exercises:** *Start slowly and then do them more quickly.*
 - A. Look up, then look down. – 20 times
 - B. Look from one side to the other. – 20 times
 - C. Focus on your finger held out at arms' length. Then move the finger one foot closer and then away again. – 20 times.

2. **Head Exercises:** *Start slowly and then do them more quickly. As dizziness improves... try these exercises with your eyes closed.*
 - A. Bend your head forward and then backwards= with eyes open. Do this a total of 20 times.
 - B. Turn your head from one side to the other. – 20 times

3. **Sitting Exercises:**
 - A. While sitting, shrug your shoulders. Then relax. – 20 times
 - B. Turn shoulders to the right, then to the left. – 20 times
 - C. Bend forward from the chair and pick up an object from the ground, returning to the seated position (slowly). – 20 times

4. **Standing Exercises:**
 - A. Change from sitting to standing and back again. – 20 times
 - B. Repeat with eyes closed.
 - C. While standing, throw a rubber ball from hand to hand at eye level. Do this 20 times
 - D. Throw ball from hand to hand under one knee. – 20 times
 - i. It is o.k. to stand with one foot on a chair
 - ii. Do this exercise twice, one time for each knee.

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