

# Vestibular and Cawthorn Cooksey Exercises

## What are the aims of the exercises?

- Relaxing the neck and shoulder muscles
- Training the eyes to move independently of the head
- Practising good balance in everyday situations
- Practising the head movements that cause dizziness (to help the development of vestibular compensation)
- Improving general co-ordination
- Encouraging natural spontaneous movement.

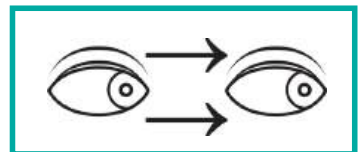
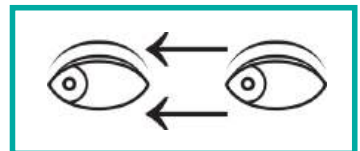
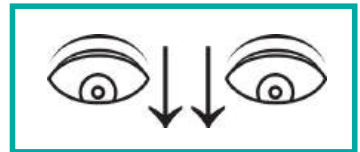
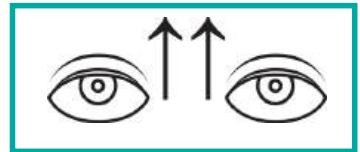
## Exercises

- Make sure that you are in a safe environment before you start any of the exercises to reduce the risk of injury.
- All exercises should be performed slowly to begin with and gradually progress to faster movements.
- Exercises should be performed 3 times a day.

### Level 1

#### Eye movements (head kept still)

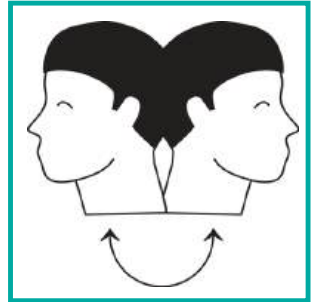
- a** Look up then down, slowly at first, then rapidly 20 times
- b** As above but side to side.
- c** Focus on fingers at arm's length. Maintain focus while moving fingers towards nose and away again 20 times.



## Level 2

### Head and eye movements (sitting)

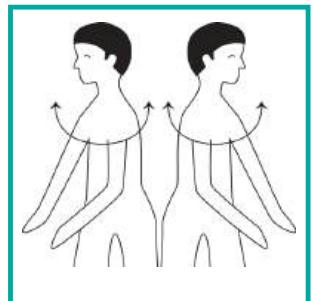
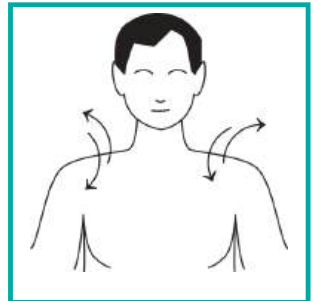
- a** Bend head forwards and backwards (eyes open). Do this slowly then quickly.
- b** As above. Rotating to the left and then to the right.
- c** Repeat both of the above but with eyes closed.



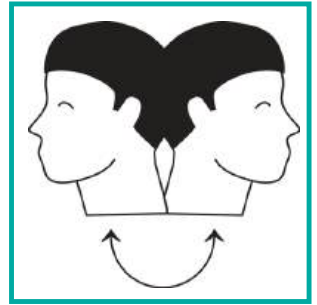
## Level 3

### Arms and body movements (sitting)

- a** Shrug shoulders 20 times
- b** Circle shoulders 20 times
- c** Rotate to the right and then to the left, at waist (i.e: upper part of the body moves together) 20 times.



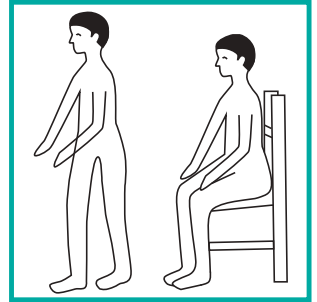
- d** Turn head side to side through full range of rotation, slowly.
- e** Repeat above doing two slow turns followed by one rapid turn.
- f** Repeat above followed after a couple of seconds pause, by three rapid turns.
- g** Repeat above turning with eyes closed.



## Level 4

### Arm and trunk movements (standing)

- a** Repeat all level 3
- b** Sit down and stand up 20 times with eyes open.
- c** Sit down and stand up 20 times with eyes closed.



## Where can I get further information?

### Ménière's Society

Telephone: 01306 876883

Website: [www.menieres.org.uk](http://www.menieres.org.uk)

### Brain and Spine Foundation

Telephone: 0808 8081000

Website: [www.brainandspine.org.uk](http://www.brainandspine.org.uk)

## Who can I contact with any concerns or questions?

If you have any problems or are worried, please do not hesitate to contact us in the Ear, Nose and Throat Outpatient Department.

**Royal Sussex County Hospital: 01273 696955 Ext. 64813**

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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#### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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