

Cawthorne Cooksey Exercises

(Adapted from Dix and Hood-1984 and Herdman-1994)

In bed or sitting

Eye movements -- at first slow, then quick

- Up and down
- From side to side
- Focusing on finger moving from 3 feet to 1 foot away from face

Head movements at first slow, then quick, later with eyes closed

- Bending forward and backward
- Turning from side to side

Sitting

Eye movements and head movements as above

Shoulder shrugging and circling

Bending forward and picking up objects from the ground

Standing

Eye, head and shoulder movements as before

Changing from sitting to standing position with eyes open and shut

Throwing a small ball from hand to hand (above eye level)

Throwing a ball from hand to hand under knee

Changing from sitting to standing and turning around in between

The earlier and more regularly the exercise regime is carried out, the faster and more complete will be the return to normal activity. Persistence will be rewarded. A friend or relative who also learns the exercises would be of great help.