

**CAWTHORNE-COOKSEY VESTIBULAR EXERCISES**

**FIRST MONTH - SEATED**

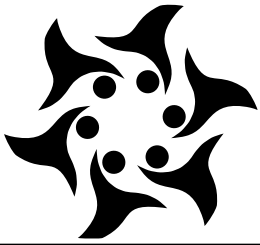
1. Eye Movements – at first slowly, then quickly.
  - a) Up and down
  - b) Side to side
  - c) Diagonal movements
  - d) Focusing on finger moving from 3 feet to 1 foot away from face
2. Head movements at first slowly then quickly. Later with eyes closed.
  - a) Bending forwards and backwards
  - b) Turning from side to side
  - c) Tilting from side to side
  - d) Diagonal movements
3. Coordinated movements of both eyes and head in the same direction as #2
4. Shoulder shrugging and circling
5. Bending forward and picking up objects from the ground

**2 ND MONTH - STANDING (Do the 1 st month's exercises and the following exercises)**

1. Changing from sitting to standing position with the eyes open and shut
2. Throwing ball from hand to hand (above eye level)
3. Throwing ball from hand to hand under knee
4. Change from sitting to standing and turning around in between

**3 rd MONTH - MOVING ABOUT**

1. Walking across the room with eyes open and then closed



2. Walking up and down a slope with eyes open and then closed (optional)
3. Walking up and down steps with eyes open and then closed
4. Sitting up and lying down in bed
5. Standing up and sitting down in a chair
6. Recovering balance when pushed in each direction
7. Throwing and catching a ball