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CAWTHORNE-COOKSEY LABYRINTHINE EXERCISE PROGRAM

Aims of exercise:

- To loosen up the muscles of the neck and shoulders in order to overcome the protective muscular spasm and tendency to move “in one piece”;
- To train movement of the eyes, independent of the head;
- To practice balancing in everyday situations with special attention to developing the use of the eyes and the subcutaneous and kinesthetic senses;
- To practice head movements that cause giddiness, and, thus, gradually overcome the disability
- To become accustomed to moving about in the daylight and in the dark;
- Generally, to encourage the restoration of self-confidence and easy spontaneous movement.

All exercises are started in exaggerated slow time and gradually progress to more rapid time. The rate of progression from the bed to sitting and then to standing exercises depends upon the vertigo of each individual case. It has been found that group exercises encourage a more steady rate of progress.

In bed – Supine

(Only if patient cannot sit up. Otherwise, in sitting position without arm rest).

- A. Eye movements; head immobile; at first slow; then quick
 1. Up and down
 2. Side to side
 3. Repeat (1) and (2), focusing on finger
 4. Focusing on finger, moving about 3 feet to 2 inches away and back
- B. Head mobile: head movements at first slow, then quick; later with eyes closed
 1. Bending forward and backward
 2. Turn from side to side

Sitting position without arm rests

Repeat as in A and B of previous section

- C. Shrug shoulders and rotate
- D. Bend forward and pick up objects from the ground
- E. Rotate head and shoulders slowly, then fast; first with eyes open, then closed
- F. Rotate head, shoulders, and trunk with eyes open, then closed

Standing

Repeat as in A, B, then E

- G. Change from a sit to a stand position with eyes open, then shut
- H. Throw ball from hand to hand (above eye level)
- I. Throw ball from hand to hand under knees
- J. Change from sitting to standing and turn around in between
- K. Repeat F

Walking

- L. Walk across the room with eyes open, then closed
- M. Walk up and down slope with eyes open, then closed
- N. Do any games involving stooping or stretching and aiming, such as bowling, shuffleboard, etc.
- O. Stand on one foot with eyes open, then closed
- P. Walk with one foot in front of the other with eyes open, then closed

From Heck, H.C., Huag, C.O., Herndon, J. Treatment of the vertiginous patient using Cawthorne's vestibular exercises. *Laryngoscope*, 1974, 84, 2067-2068

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