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## Other Resources: -

Meniere'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)

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St Helens and Knowsley  
Teaching Hospitals  
NHS Trust

# Cawthorne-Cooksey Exercises

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

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## Advanced exercises

Once you have been able to complete the previous exercises you can start to do the following: -

- 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.

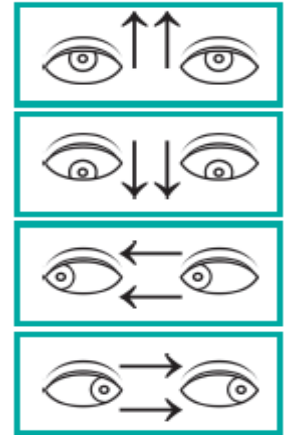
If you feel dizzy at all during the exercises, stop, allow the dizziness to settle and then repeat again.

## Exercises

### 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 arms 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.

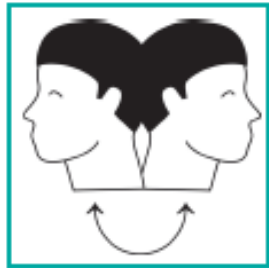
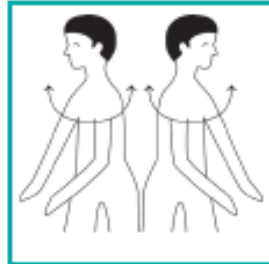
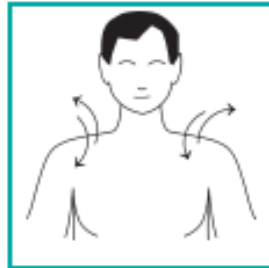


## Exercises

### 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.



## Exercises

### 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.

