

Modified Cooksey Cawthorne Exercises

Lying

Eye Movements – Start Slowly then quickly

- 1 Moved eyes up and down
- 2 Move eyes from side to side
- 3 Focus on finger moving it back and forwards (from 3ft to 1ft in front of face)

Sitting

Head movements – at first slow, then fast. Later with eyes closed

- 1 Bending forwards and backwards
- 2 Turning from side to side

Standing

- 1 Changing from sitting to standing position with eyes open and closed
- 2 Throwing a small ball from hand to hand
- 3 Change from sitting to standing and turning round in between

Moving about

Walking across room in a straight line

- 1 Walking across room in a straight line looking from side to side
- 2 Walk up and down slope
- 3 Any games involving stooping and stretching and aiming (*eg* skittles/ bowls/ basketball).

Neck Exercises

It is also useful to exercise your neck and shoulder to prevent stiffness.

- 1 Shoulder shrugging and circling
- 2 Dropping head to chest x5 and looking up from horizontal gaze and back x5
- 3 Head turns from side to side x5
- 4 'Lateral' ear to shoulder drops (keeping shoulder down) x5 each side