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CAWTHORNE EXERCISES

Cawthorne exercises are used to fatigue the balance system for patients who have vestibular dysfunction including vestibular neuronitis. To perform the exercises sit at home in a soft chair, look up to the ceiling, look back to the middle, look down to the floor, look to the right as far as you can, back to the middle and then to the left as far as you can. If any of these maneuvers produce sensation of vertigo, wait till the vertigo passes and then perform them again. After performing all the eye movements if none of them elicit any vertigo or hallucination of motion begin by moving your head up to the ceiling as far as you can, come back to the mid line, then move your head down to the floor, back to the mid line, all the way to the right, again back to the mid line and if no vertigo is produced go to the left all the way and back to the mid line. Should any of these positions produce vertigo let the vertigo subside over several second or minutes and then perform the maneuver again. Whichever maneuver re-elicits the vertigo perform this 15 or 20 times at a sitting. Perform at least two sittings per day. Over time these maneuvers will fatigue the system and the vertigo will subside.

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