



Central West Specialists

Ear, Nose & Throat Specialist

CAWTHORNE BALANCE EXERCISES

The Scheme of Exercises:

Aims:

- 1) To loosen up the muscles of the neck and shoulder to overcome the protective muscular spasm and tendency to move “in one piece”
- 2) To train movement of the eyes independent of the head.
- 3) To practice balancing under everyday conditions with special attention to developing the use of the eyes and muscle and joint sense.
- 4) To practice head movements that causes giddiness and thus gradually overcome the disability.
- 5) To become accustomed to moving about naturally in daylight and in the dark.
- 6) Generally to encourage the restoration of self-confidence and easy spontaneous movement.

A. *In Bed*

1. Eye movements – at first slow, then quick.
 - a) up and down
 - b) side to side
 - c) focusing on finger moving from 3ft to 1ft away from face
2. Head movements at first slow, then quick. Later with eyes closed.
 - a) bending forwards and backwards
 - b) turning from side to side

B. *Sitting*

Repeat 1 & 2 A.

3. Shoulder shrugging and circling.
4. Bending forward and picking up objects from the ground.

C. *Standing*

Repeat 1,2 & 3.

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

D. *Moving About*

1. Walk across room with eyes open and then closed.
2. Walk up and down slope with eyes open and then closed.
3. Walk up and down steps with eyes open and then closed.
4. Any game involving stooping or stretching and aiming such as bowling and shuffleboard.

Detailed exercises in the scheme outlined above can be varied or extending according to need. The order in which the exercises are carried out should not as a rule be varied.

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