

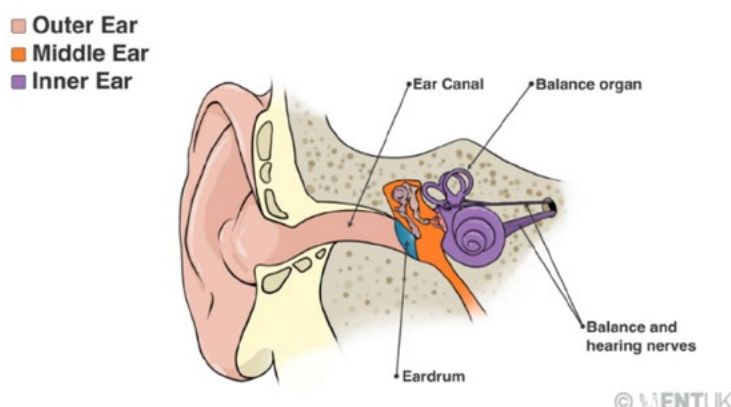
Modified Cawthorne-Cooksey exercises for vertigo

ENT Patient information

What is vertigo?

There are two organs in the ear that help with your balance. These organs work together to send signals to your brain. They are essential to maintain the balance of your head and body. If one of these organs becomes damaged, it can cause vertigo or dizziness.

There are two types: **peripheral**, this is linked to inner ear problems, and **central**, caused by brain issues like infections or an injury.



Common symptoms of vertigo include:

- **nausea** - feeling sick
- **vomiting** - being sick
- **dizziness** - feeling off balance, giddy, lightheaded or faint, feeling like you are spinning, or things are spinning around you
- **headaches**
- **tinnitus** - ringing in the ear
- **fullness in the ears** - ears feeling blocked
- **motion sickness** - feeling dizzy, feeling or being sick when traveling. This could be by boat, car, plane, or other modes of transport.

Will it go away?

Vertigo can sometimes go away on its own, but Cawthorne-Cooksey exercises can help manage symptoms.

The hospital clinician or your GP can arrange tests to check for any underlying issues.

What can I do to help?

Cawthorne-Cooksey exercises are designed to help the body adjust to the instability caused by the imbalance between the two ears.

Regularly practicing the exercises usually results in quicker improvement in dizziness and balance issues.

The exercises should be performed consistently for at least five minutes, three times a day, and continued for as long as the symptoms remain, which may be up to three months.

Don't try to do all the exercises at once. Instead, focus on a group of exercises at a time, starting from the top of the list. Concentrate on the exercises that make you feel dizzy.

Once you can complete a section without dizziness, move on to the next group.

Getting back to exercise and sports quickly is an important part of treatment.

Will medication help?

Certain medications may be taken to control any nausea during the initial stages of the exercise therapy, but prolonged use of these medications should be avoided.

Medication can be requested through your GP. This is not something that would be prescribed in your hospital appointment.

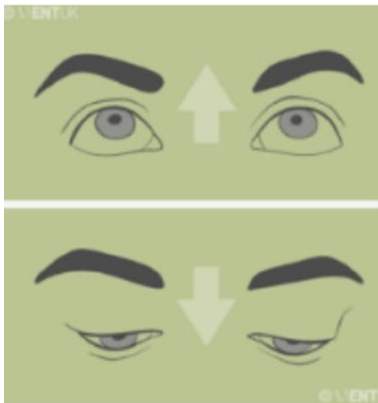
What are the Cawthorne-Cooksey exercises?

To complete while sitting

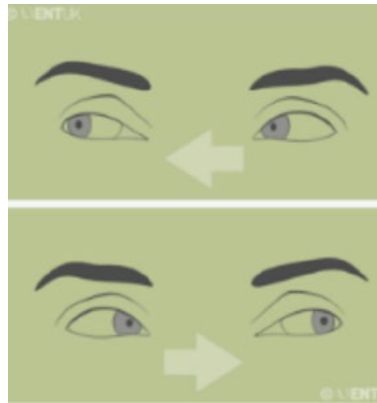
1. Eye movements

At first slowly, then quickly:

Up and down



From side to side



Focus on your finger with your arm extended and slowly move your finger towards your face until your vision starts to blur.



2. Head movements

At first slowly, then quickly (later with eyes closed):

Bend forward and backward



Turn from side to side



3. Shoulder Movements

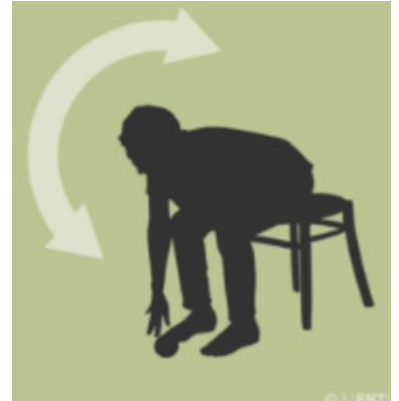
Shrug your shoulders up and down



Move your shoulder in circular movements



Bend forward and pick up objects from the ground



To complete while standing

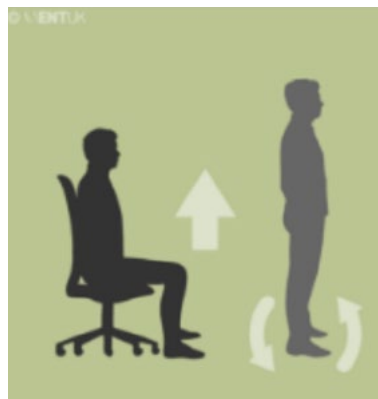
1. Follow steps one to three described above while standing.

2. Change from a sitting to standing position with eyes open and shut.



3. Throw a small ball from hand to hand (above eye level).

4. Change from sitting to standing position and make a full turn in between.



To complete while moving about

(Ensure someone is with you while completing the moving about exercises to help maintain your safety)



1. While the other person is standing, walk around them.

You will be the outer person. The person in the center will throw a ball back and forth for you to catch.



2. Walk across a room with eyes open and then closed.



3. Walk up and down a slope with eyes open and then closed.

4. Walk up and down steps with eyes open and then closed.



5. Any game involving bending, stretching and aiming such as tennis, bowls, or basketball.

Who to contact if you have any questions?

If you have any questions regarding BPPV, please contact the clinician who gave you the leaflet.

They can be contacted via their secretary - the contact number will be on the top of your clinic letter.



For further reading on Cawthorne-Cooksey exercises please go to ENT UK www.entuk.org/patients/conditions/93/cawthornecooksey_exercises

For a video example of the exercises please go to: www.youtube.com/watch?v=epJ1luFyF2o

To read this leaflet in a different language, please visit our website: www.uhd.nhs.uk/visit/patient-information-leaflets and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499** or email patientexperienceteam@uhd.nhs.uk.

The Royal Bournemouth Hospital, Castle Lane East, Bournemouth, Dorset, BH7 7DW
Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: Georgina Edmunds Date: October 2024 Version: One Review date: October 2027 Ref: 046/24

w: www.uhd.nhs.uk



@UHD_NHS



@UHDTrust



@uhd_nhs