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CAWTHORNE'S EXERCISES FOR BENIGN PAROXYSMAL POSITIONAL VERTIGO

Upon rising in the morning:

1. Look up, down, right and left in succession 10 times.
2. Turn head up, down, right and left in succession 10 times.
3. While on back, roll to the right, then the left 10 times.
4. While standing, bend over, then stand upright 10 times.

You may substitute any maneuver that brings on your dizziness for any of the above, as anything that brings on the dizziness will cause the symptoms to "fatigue out" if repeated enough.

During the performance of any of the above, you should stop for a while if you get dizzy and then continue when the dizziness subsides.

Daily performance of these maneuvers will usually allow you to go throughout the day without getting dizzy when you turn your head or make rapid body movements.