

Simplified 3-Plane Cawthorne-Cooksey Type Exercises

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These are 3 exercises to recalibrate the vestibular (balance) system and therefore to get rid of movement-induced dizziness and vertigo. Each exercise moves the head (containing your vestibular apparatus) through approximately 180 degrees in each of the 3 dimensions or planes.

Each exercise should be repeated 10-20 times in the morning and again 10-20 times in the evening.

If you feel dizzy in one exercise more than the others, this exercise is likely to be the one that will have the greatest beneficial effect on your dizziness.

After 1-2 weeks of these exercises, further improvement may be gained by performing the exercises with your eyes closed. This may also help visual-vertigo, which is dizziness or vertigo brought on by movement of objects in your visual field.

Warning: if you are very dizzy and unsteady and there is a risk of falling, then make sure there are some soft cushions on the floor to break any falls.



Exercise 1: Lateral Plane Exercise ('Brandt-Daroff Exercise')

1. Sit on the side of the bed with a pillow at either end.
2. Lie down sideways looking across to the opposite wall at approximately door-frame height.
3. Return to the upright position and then lie down sideways to the other side.



Exercise 2: Vertical Plane Exercise

1. Sit on the side of the bed, or in a chair.
2. Bend forward as far as is comfortable.
3. Straighten back up to the sitting position.



Exercise 3: Rotational Plane Exercise

1. Sit in a swivel-chair.
2. Spin around to look at the wall opposite to the side that you were initially facing.
3. Spin back to the initial position.