

Supplementary Materials

Cawthorne-Cooksey Exercises

Exercise set 1 – In bed or sitting:

1. Eye movements – Start slowly and then move quicker
 - a. Up and down
 - b. From side to side
 - c. Focusing on finger moving from 60cm to 30cm
Away from face
2. Head movements – Start slowly and then move
Quicker. Later try with eyes closed.
 - a. Bending forward and backward
 - b. Turning from side to side

Exercise set 2 – Sitting:

1. Eye movements and head movements as above
2. Shoulder shrugging and circling
3. Bending forward and picking up objects from the
Ground

Exercise set 3 – Standing:

1. Eye, head and shoulder movements as above
2. Changing from sitting to standing position with eyes
Open and shut
3. Throwing a small ball from hand to hand above eye
Level
4. Throwing a small ball from hand to hand under the
Knee
5. Changing from sitting to standing and turning around in
Between