



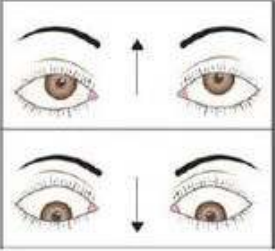
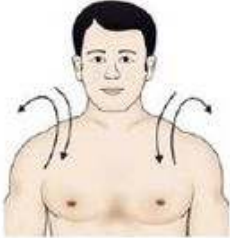
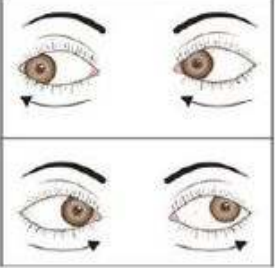



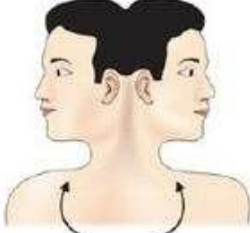

ANWAR ENT
The Right Choice For Your Health

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Cawthrone Cooksey Exercises

Exercises in bed	Exercises in sitting position
	
<ul style="list-style-type: none">• Looking up and then down	<ul style="list-style-type: none">• Shrugging and rotating shoulders
	
<ul style="list-style-type: none">• Looking alternatively left and right	
	
<ul style="list-style-type: none">• Convergence exercises	
	
Head movements	<ul style="list-style-type: none">• Bending forward and picking up objects
<ul style="list-style-type: none">• Bending alternately forward and backward	
	
<ul style="list-style-type: none">• Turning alternately to left and then right	<ul style="list-style-type: none">• Turning head and trunk alternately to the left and right



Cawthorne Cooksey Exercises

1. In bed or sitting

1. Eye movements -- at first slow, then quick

1. up and down

2. from side to side

3. focusing on finger moving from 3 feet to 1 foot away from face

2. Head movements at first slow, then quick, later with eyes closed

1. bending forward and backward

2. turning from side to side.

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

3. Standing

1. Eye, head and shoulder movements as before

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 ball from hand to hand under knee

5. Changing from sitting to standing and turning around in between

4. Moving about (in class)

1. Circle around center person who will throw a large ball and to whom it will be returned

2. Walk across room with eyes open and then closed

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

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

5. Any game involving stooping and stretching and aiming such as bowling and basketball