

# PYRAMID POINTING



## PURPOSE

The purpose of this exercise is to continue to improve your eye's ability to jump from point to point accurately and efficiently. The changes in eye movement here are more variable than what you have been used to. This requires improved synergy between your central and side vision so that you can make the accurate sized jumps needed to not overshoot or undershoot your eye movements.



## REPEAT

Perform this five times with your right eye and five times with your left eye.

1

Please print or pull up the attached number card to a tablet, iPad, or computer. Place the chart at approximately 16 inches from your eyes. Gently cover your left eye with your left hand

2

Pull out your stopwatch or timer and begin recording the time it takes from start to finish. Begin at the top of the chart and say out loud the top letter of the pyramid.

3

Continue with each successive row, always left to right as you make your way all the way down.

4

Once you have made it all the way to the bottom of the chart, go in the reverse order and read back up the chart. Record the time it takes to start at the top of the pyramid, make your way down, and then back up to the top. This is one repetition.

5

Now cover your right eye with your right hand and repeat with the other eye. Perform this 5 times with the right eye and 5 times with the left eye.