

EYE STRETCHES



PURPOSE

This exercise helps in the development of eye movement control, and in the awareness of your eye positioning. It's so important to stretch and strengthen any and every muscle in your body, including your eye muscles.



REPEAT

Repeat for 10 cycles each eye. Make sure to keep the same order for both your right & left eye.

1

Stand straight up or sit upright with both feet on the ground and balanced posture. Using your left hand to cover your left eye, you should complete this initially with only your right eye.

2

While facing straight ahead, the soles of the feet should be flat on the floor, equal weight on each foot, and your back comfortably straight. Stretch and move your eye upward, as far as you can to the position where you can still hold the eye steady for 5 seconds.

3

Next move your eye down as far as you can, holding at this position again for 5 seconds. Then move to the following additional positions in order: Right, Left, Up/Right, Up/Left, Down/Right, Down/Left and make sure to hold as far as you can in each direction for 5 seconds.

4

Really try to think about where your eye is positioned in the socket that holds your eye, and where it is pointing in space before initiating the movement to the next position. Repeat this 10 times through.