

PUSHUP'S FOR YOUR FOCUSING SYSTEM

PURPOSE

This exercise works out the inside muscles of your eyes that are responsible for making things clear and ultimately keeping them clear.

REPEAT

Repeat for 25 Cycles (1 Cycle = Distance to Near) and then cover your right eye and repeat with the left eye

1

2

3

4

5

Stand straight up, feet shoulder width apart, with good upright posture, in front of a window that has access to a long-distance view. Gently cover your left eye with your left hand.

Keeping your right eye open, take your right pointer finger and bring it as close to your eye as you can where you can make the pad of your fingerprint clear.

Bring it as close as you can until it's a little blurry and then stop moving it and try to make it clear. Hold clarity at this position for 5 seconds as this will be your "near target" distance

After 5 seconds, you will then relax and let go of your focus and throw it out into the distance, as far away as you can as you look out the window. Hold your gaze out the window for 5 seconds.

Then lock in your focus back to your finger again, at the same distance it was previously, and hold for 5 seconds. You are now going to go back and forth from your distance target to your near target, making sure to hold clarity at each position for 5 seconds.

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.

SMOOTH TRACKING

PURPOSE

This exercise works on your eye movement control, also known as your ocular pursuit eye movements. This will help your eyes move together more smoothly, quickly, and efficiently, when following a moving object like following a flying bird or tracking a ball.

REPEAT

Replay the video 5 times in a row for your right eye and then 5 times in a row for your left eye.

1

Open the cross tracking resource video provided on your tablet, iPad, or computer.

2

Cover your left eye with your left hand, keeping your right eye uncovered. Press play on the video.

3

You will see a ball that moves up and down and side to side along the dotted line. Do your best to follow the ball with your open eye. Do not try to predict where the ball is going. Just keep your eye on the ball and make sure your head stays still the entire time.

4

Replay the video 5 times in a row for your right eye. Now cover your right eye with your right hand and repeat this with your left eye. Complete the same task 5 times in a row for your left eye.

PALMING

PURPOSE

This technique will help calm the nervous system and relax your eyes. You can keep this technique in your back pocket for whenever you might need it as a helpful way to provide immediate relief of eyestrain, fatigue, and headaches related to excessive visual concentration.

REPEAT

Do this exercise for at least 5 minutes to feel the full effects on your visual system, eye muscles and nervous system.

1

Sit in a chair in a balanced and comfortable posture. Place both elbows on a table in a comfortable position.

2

Rub your hands together with firm pressure for at least 10 seconds and feel the heat that your hands have generated. Next keep both eyes open and cup your hands over your eye so no light can be seen.

3

You may have to squeeze your fingers together in an effort to ensure there is no light leaking in. Hold this comfortable position while breathing deeply in through your nose for a count of 5 and out through your mouth for a count of 5.

4

Make sure to look into complete darkness while keeping your eyes open throughout. Your eyes and whole body will feel rested in a short amount of time. Make sure to do this for at least 5 minutes.

FOCUS TROMBONE

PURPOSE

This exercise works on the smooth control of the inside muscles of your eyes, the focusing system. This will help you make an object that's approaching you clear and keep it clear, such as a friend's face or seeing the punctuation in the typed text on your screen.

REPEAT

Repeat this for 5 full in and out laps with both eyes, attempting to bring the chart even closer with each repetition than the previous one.

1

2

3

4

5

Sit in a balanced and comfortable position with upright posture. Gently cover over your left eye with your left hand. Hold or position the chart about arms length away in the middle of your body. Try to make the letters on the chart as clear as possible before proceeding.

Slowly move the chart closer to your nose, keeping your eye aimed at the center of the chart, but trying to take in all of the letters and keep them clear.

At the point when you notice the slightest amount of blur, stop moving the chart closer and attempt to look "harder" to try to regain clearer vision. Continue to slowly move the chart closer only if you are able to clear the letters at that specific distance.

At the point where you are unable to make the chart clear, this is your current limit. Estimate how far you are away from your nose. Try to lock in clarity at this stable distance for 5 seconds.

Now slowly move the chart away from your nose at the same slow controlled speed that you came in with until you are at your full arm's length. Repeat this for 5 full in and out laps, attempting to bring the chart even closer with each repetition than the previous one.

5 - FOCUS TROMBONE

L 9 0 L R T U I M N
H T 8 F D W 2 M L P
O U R T 9 3 2 5 7 Q
C 3 4 A D 3 W C B N
U 9 8 P B 5 G R T D
C Z Q 8 7 U H W Q N
6 H U E S 7 P L D S
S Q 3 1 2 W Q A Z X
M N B C X W R E T Y



EYE JUMPS

PURPOSE

This exercise works on your brain's ability to control the outside muscles of the eye that are responsible for moving the eyes from one place to another. These side to side eye jumps are called "saccades" and they are critical for efficiently keeping your place while reading, both jumping the eyes across the page from word to word and line to line.

REPEAT

Perform this exercise 3 times for the right eye. Then gently cover your right eye with your right hand and complete this 3 times for the left eye.

1

Please print or pull up the attached two lined letter chart to a tablet, iPad, or computer. Gently cover your left eye with your left hand and complete this with your open right eye first.

2

Beginning at the top of the chart in the upper left-hand column of letters, read the first letter aloud. Next, quickly make an eye jump across to the first letter in the upper right-hand column of letters. Read this letter aloud.

3

Then make an eye jump back to the original column, but to the second letter in the column. Read this letter aloud. Next to the second letter in the right column. Complete this zig-zag pattern all the way down to the bottom of the columns. making sure your head doesn't move, just your eyes.

4

Before beginning this exercise, have a stopwatch or timer ready to begin recording as soon as you begin at the top and end at the bottom. Write down your times in the space provided to record your results.

5

Perform this exercise 3 times for the right eye. Then gently cover your right eye with your right hand and complete this 3 times for the left eye. Record your times for each..

6 - EYE JUMPS

ScreenFitSM

A R S 8 E < T C H 3 W D 4 Y Q X F A



ScreenFit

EXPANDING YOUR SIDE VISION

PURPOSE

This exercise works on opening up your side vision and expanding your peripheral awareness. This is hugely important for safely seeing what's around you without having to change eye movements in situations like walking down a crowded street or noticing other cars when driving.

REPEAT

Follow the circles 3 times total from inside to outside & back. Then perform the pen exercise 5x to the right, 5x to the left, 5x up and 5x down.

1

2

3

4

5



Hold the chart at arms length in front of you, without looking away from the letter "A", attempt to call out the letters of the closest ring of letters that are all the same size.

Next attempt the second ring of slightly larger letters. Continue this with the concentric rings until you have made your way to the outer ring of the largest letters.

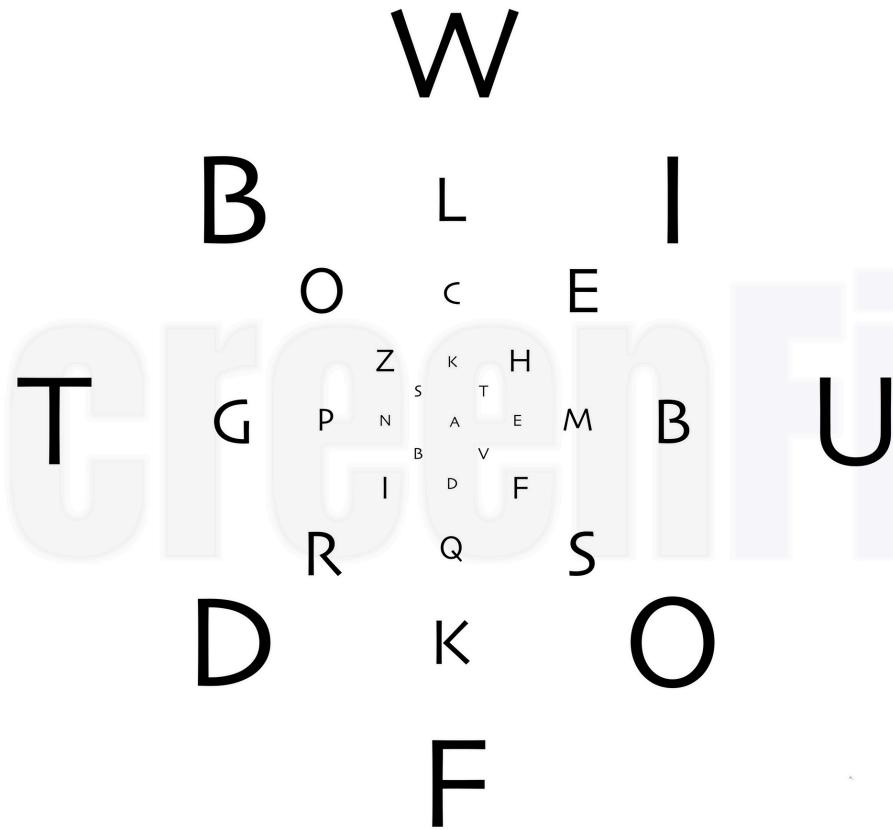
Then work your way in from the outer largest to the inner smallest ring of letters. Repeat this process from inside to outside and back 2 times.

Next, hold a pen out at arm's length in front of you. Place the chart beyond the pen. Focus on the chart and move the pen laterally to the right side until it is out of your field of vision. Try to notice the pen with your side vision the entire time without having your eye move to follow the pen. Then bring the pen back in front of you.

Repeat this moving the pen back to the left and then up, down all while focusing on the A in the center of the chart.

This is intended to be done with both eyes open, but if you really want to push yourself you can also do it with the right only, and then the left eye only.

7 - EXPANDING YOUR SIDE VISION



TWO EYED COORDINATION

PURPOSE

This exercise works on the parts of your brain that help control the outside muscles of your eyes point inward and outward in a coordinated fashion. In order for your eyes to effectively communicate and work together as a team, it's imperative that we have smooth convergence and divergence where although there are two eyes, we operate them as if they are one cohesive unit.

REPEAT

Perform this 15 times, with each time pulling the pencil in from arm's length as close as you can making it single. Hold for 10 seconds and then push back to your full arm's length.

1

Hold a pen out at arm's length in front of you at your midline. While focusing on the tip of the pen, slowly bring it toward your nose making sure you are keeping it single and clear the entire time.

2

As the pen comes closer to your nose, at some point you may notice 2 pens, which means your vision has split.

3

Stop here and very slowly bring the pen back away from you, trying your best to bring the two pens back into one. Once you get it back as one, focus on the pen for 10 seconds, and then push it back out to your full arm's length.

4

Perform this 15 times, with each time pulling the pencil in from arm's length as close as you can making it single. Hold for 10 seconds and then push back to your full arm's length.

PERIPHERAL POINTING

PURPOSE

This exercise is training your side vision, eye tracking, and eye-hand coordination. In life, in order to be able to jump our eyes to a new point of interest, we need to have our peripheral vision open so that we can make an accurate sized eye movement. A change in eye movement is a change in attention both voluntarily and involuntarily, and this exercise helps control where in space we place our visual attention.

REPEAT

Repeat two cycles through with each eye. Working first in ascending order and then in descending order for the other eye.

1

2

3

4

5



Sit at a table with both feet flat on the floor and your back upright and straight. Cover your left eye with your left hand and keep your right eye uncovered. Place the number card on the table centrally in front of you.

Place your elbow on the table and place your chin up to your closed fist. Keep the card at this distance at all times.

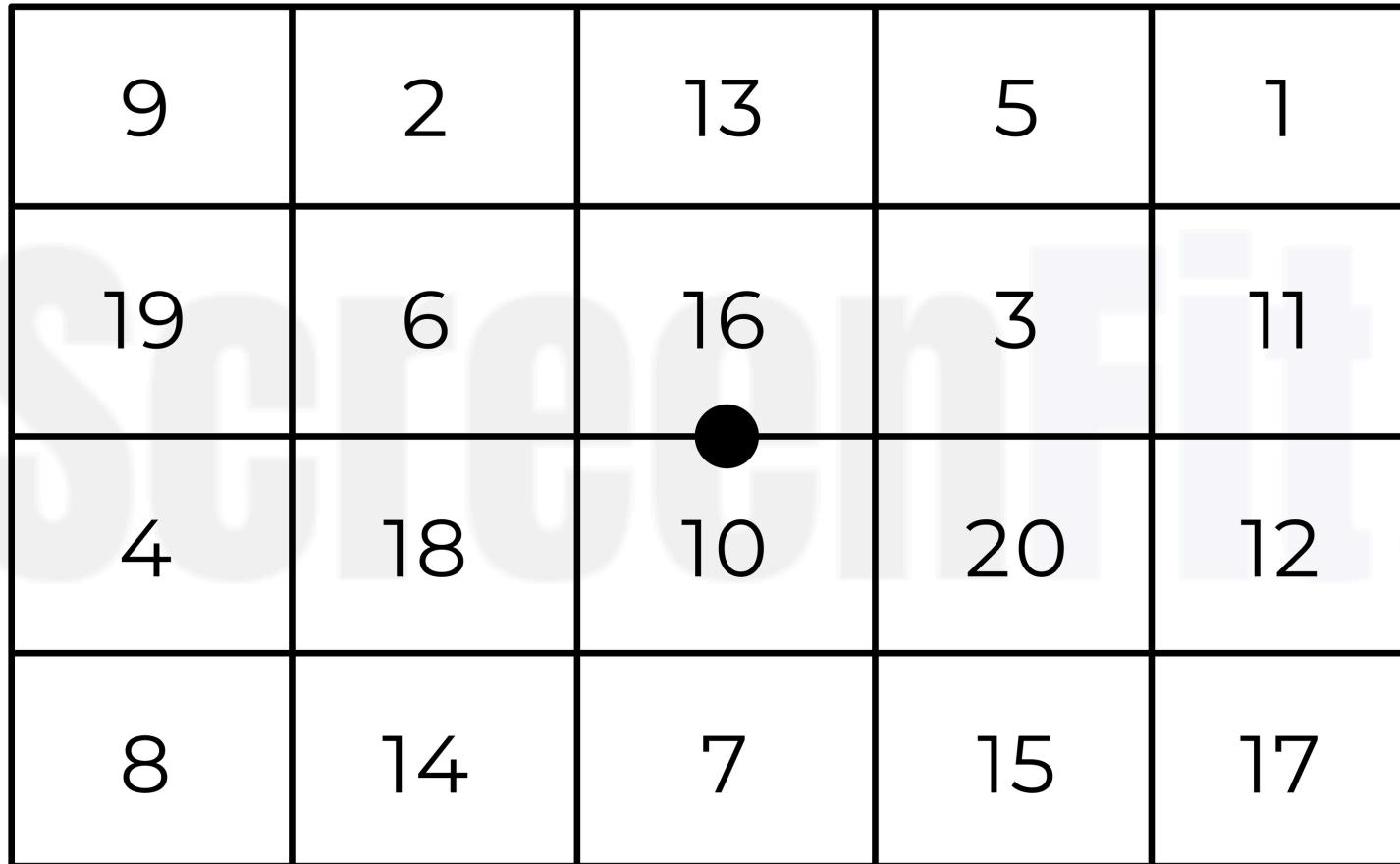
Look at the middle dot and hold your eye there for 10 seconds. Without repositioning your eye, or moving your head or body, use your side vision to locate the number 1. Use your free hand to point at the center of the number, without looking at it.

Now jump your eye to the number and notice if you pointed correctly to where the number was located. Adjust your finger so it is pointing at the center of the target. Lower your hand, look back to the center, and repeat for the next number.

Work in ascending (1, 2, 3, 4 etc...) number order for one eye. Next cover your right eye with your right hand and then work in descending (20, 19, 18, 17, etc...) order for the open left eye.

Note if it is a 2 digit number, point in the center between the two numbers. This activity can also be done with the card taped to a wall about 2 feet away with the central target at eye height.

9 - PERIPHERAL POINTING



TAKING IN SPACE

PURPOSE

The purpose of this activity is to apply what you have been learning to space and to develop the optic flow and peripheral awareness you deserve. This will get you outside, away from digital devices, and help you become even more aware of ALL your surroundings.

REPEAT

Keep this going for the remainder of your walk - ideally 10-20 minutes. Practice this at the end of every week of this program and ideally every day moving forward.

1

Find a safe place to walk either on a sidewalk, side of the road, or in a field at the park. Walk at a steady pace that you can keep for a minimum of 10 minutes, but the longer the better. Ideally this should be done in the morning and evening to take in natural sunlight to help regulate your circadian rhythm.

2

As you start to walk, relax your eyes and pick a random position straight in front of you.

3

Without moving your eyes away from straight ahead, notice what is around you with your peripheral or side vision. Notice the trees, houses, buildings, birds, dogs, etc as they move past you while you are walking.

4

You will find that you can notice what is on one side of you, or the other, but that without intention, it may be hard to notice what is on both sides of you at the same time. Relax and soften your view so you can truly “see” what is on both sides at the same time.

5

Keep this going for the remainder of your walk. Practice this at the end of every week of this program and ideally every day moving forward.

MIRROR EYE MOVEMENT

PURPOSE

This exercise is intended to enhance the communication between the internal GPS system for the roadmap of life known as the vestibular system, and your visual system. This simple exercise will allow for the communication in your brain to start taking place to support sensitivity to motion.

REPEAT

Repeat for 2 minutes with each eye.

1

Stand in front of a mirror, balanced, with equal weight on each foot. Gently cover your left eye with your left hand.

2

While looking at the reflection of your own eye in the mirror, slowly move your head side to side without looking away from your open eye.

3

Keep the movement of your head small and controlled at first while looking at your eye in the mirror. The movements should become gradually bigger and the speed gradually faster.

4

Remember to not look away from the reflection of the open eye the entire time your head is changing position.

5

Continue for 2 minutes with your right eye. Next gently cover your right eye with your right hand. Repeat this for your left eye, also for 2 minutes.

ALPHABET VISUALIZATION

PURPOSE

This exercise is to develop the ability to move your eyes smoothly together as a team while tapping into an area of visual information processing known as visualization. This can be helpful for remembering names, faces, phone numbers, and really any pictorial image that you would like the visual centers of your brain to store.

REPEAT

Repeat two cycles through the alphabet first with upper case and then with lowercase.

1

Stare straight ahead. Beginning with the letter “A,” move your eyes so that you trace this visualized letter as if it is suspended in space.

2

Keep your head straight and steady at all times and try to draw an exaggerated large version of the letter “A.”

3

Repeat this with each capital letter of the alphabet, starting with “A” and ending with “Z.” Try to have each visualized letter that you create be roughly the same size.

4

Perform 1 complete cycle through the capital letters of the alphabet “A” to “Z.” Next attempt the lower case letters.



If you want an extra challenge, repeat this again but go backwards through the alphabet from the letter “Z” to “A.”

EYE SQUEEZES

PURPOSE

This exercise is intended to support the voluntary blinking mechanism that helps spread out your tears onto the front surface of your eyes. This will help the release of your own tear film and along with proper hydration and supplementation, allow for a more lubricated and comfortable front surface of the eyes during screen engagement.

REPEAT

Repeat this exercise five times per day, ideally every day.

1

Begin this exercise by closing your eyes as tightly as possible and hold for five seconds. Begin this exercise by closing your eyes as tightly as possible and hold for five seconds.

2

Open your eyes and blink as quickly as possible fifteen times.

3

Repeat this exercise five times per day.

PENDROPS

PURPOSE

The purpose of this exercise is to develop eye-hand coordination where vision accurately guides your fine motor control. This helps you understand where your hands are in space and can support improved spacing and sizing of letters during handwriting or other tasks requiring careful hand manipulation.

REPEAT

Complete this for both the left eye and the right eye. If it's too easy reduce the size of the circles and try again.

1

2

3

4



On a piece of paper make 12 circles about the size of a quarter, scattered randomly. Gently cover your left eye with your left hand.

Hold the pen vertically up and down with the pen tip side pointing down toward the page. Start with the pen about 18 inches or more above eye level, either above the head or behind your ear.

Focus on one of the empty circles and slowly bring the pen towards the page. The goal is to make a dot in the direct center of the circle you are focused on. You should be slowly moving the pen down towards the paper. Complete until each circle has been attempted.

Next gently cover your right eye with your right hand. Perform this for the left eye until you have attempted to put a second dot in each circle. Keep continued awareness of the entire room throughout this exercise.

If this feels too easy and your dots are in the center of your circles, reduce the size of the circles to the size of a nickel, penny, dime, and then even smaller.

LATERALITY

PURPOSE

This lesson is training your eye tracking and an aspect of visual perception known as laterality. This will help you with reading fluency and orienting yourself in space.

REPEAT

Repeat twice with each eye and work on increasing accuracy, then speed.

1

Gently cover your left eye with your left hand. Sit at a table with the worksheet centrally in front of you, at a distance from your fist to your elbow.

2

You will go through the page in order, tracking from left to right and perform the exercise in the following order:

- If the arrow points to the right, tap your right hand to the right of the page.
- If the arrow points to the left, tap your right hand to the left of the page.
- If the arrow points up, tap your right hand to the top of the page.
- If the arrow points down, tap your right hand to the bottom of the page.

3

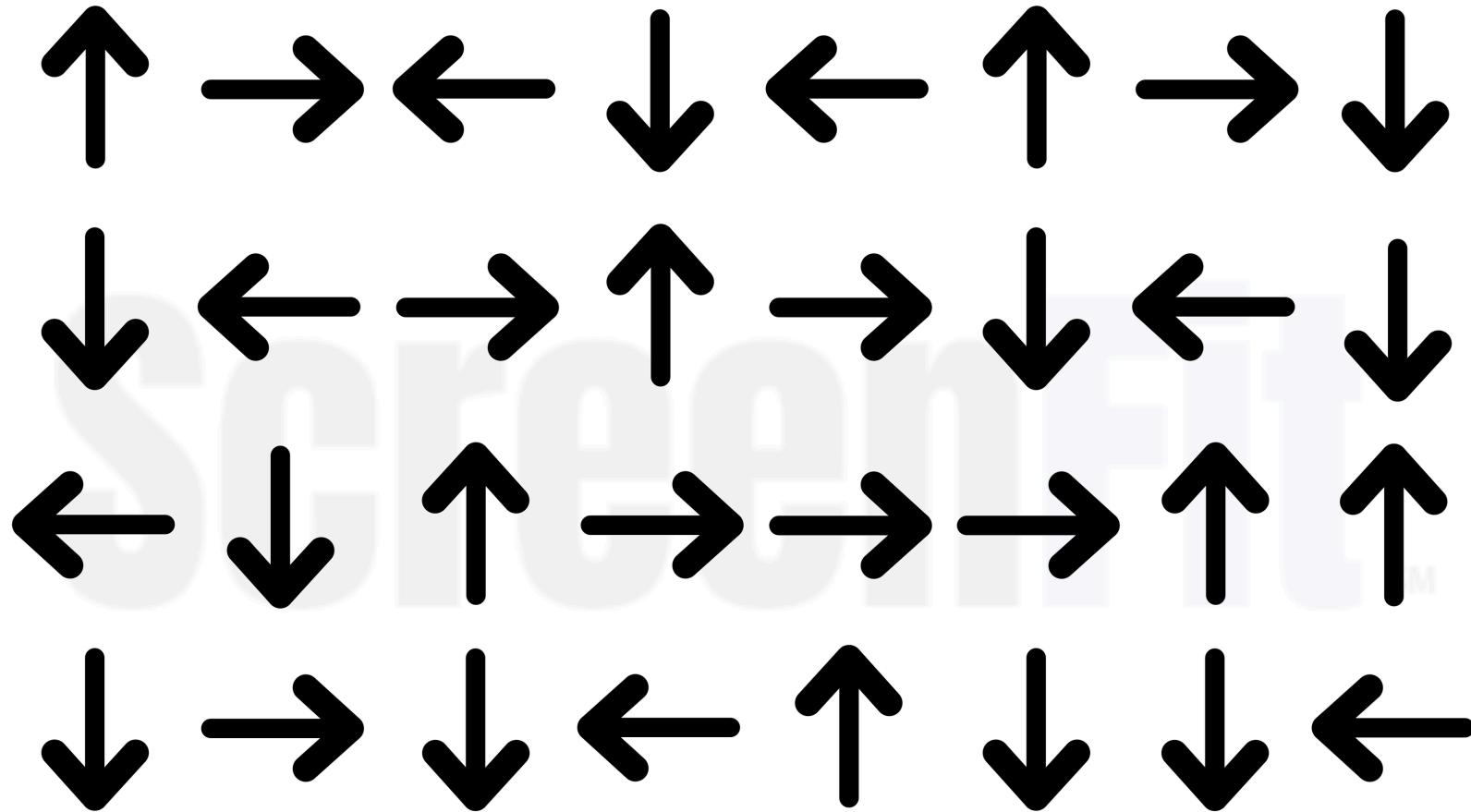
Next gently cover your right eye with your right hand and perform the exercise again for the other eye, starting on the top right and moving through the chart from right to left.



For extra levels of difficulty, attempt the following:

- a. Do the opposite, say the opposite.
- b. Do the same, say the opposite.
- c. Do the opposite, say the same.

15 - LATERALITY



SMOOTH PURSUITS



This exercise works on the system in charge of how your eyes smoothly move together while following a moving object like tracking a ball or following a plane in the sky. This system is guided by the outside muscles of the eyes and is called your Smooth Pursuits.



Perform 10 figure 8's in total.

1

Hold a pen out at arm's length in front of you.

2

Slowly move the pen in a pattern that makes a figure 8 design in the air.

3

Without moving your head and just using your eyes, follow the tip through the air.

4

Start with a smaller figure 8 and have it increase in size through repetitions. Perform 10 figure 8's in total.

CLOSE EYE MOVEMENTS

PURPOSE

This exercise helps you develop a better understanding of your eye positioning as you track eye movements into all areas of space. This helps you keep your visual attention on a target as it changes positioning, such as keeping your focus on a person or object of interest in a crowded visual environment.

REPEAT

Complete 3 full cycles of the 8 directions with each eye.

1

Sit in a balanced and comfortable posture. Gently cover your left eye with your left hand.

2

With your right hand, place an object (whatever you want to focus on-pad of your finger, microphone hole on your phone, etc) about one inch in front of the right eye.

3

Follow the object as you slowly move it in 8 different directions - [up, down, left, right] & [up/right, up/left, down/right, down/left].

4

As you practice and get better, you should be able to move your eye all of the way into those directions. If you're feeling any discomfort, please don't go as far into extreme gaze and write it down!

5

Complete 3 full "cycles" through the 8 different directions. Next gently cover your right eye with your right hand. Repeat this for 3 full "cycles" for the other eye.

EYE ROLLS

PURPOSE

This exercise helps in the development of voluntary rotational eye movements and emphasizes awareness of eye position. Some of you may be a little better at rolling your eyes than others, but this is a different type of eye rolling, the intentional type that activates specific areas of your brain important for visual function in daily life.

REPEAT

Repeat this exercise three times throughout your day, completing 20 circles clockwise & 20 circles counterclockwise each time.

1

Keep your eyes open and circularly move your eyes in a clockwise direction all the way around the eye socket. If this is uncomfortable, close your eyes to perform this exercise.

2

Circle your eyes around for twenty repetitions.

3

Now repeat the circling of your eyes in the counterclockwise direction.

4

Circle your eyes in this counterclockwise direction for twenty repetitions.

5

Repeat this exercise three times throughout your day, completing 20 circles clockwise & 20 circles counterclockwise each time.

STRENGTHENING YOUR FOCUS

PURPOSE

This exercise works on developing the strength of the inside muscles of your eyes that are responsible for focusing, also known as the accommodative system. This system is important for your ability to be able to jump back and forth between distance and near objects accurately and efficiently. The better rapport you establish with your focusing system, the more confidently you can identify an object that's approaching you in space.

REPEAT

Repeat this for 3-5 minutes per eye, making sure you spend the same amount of time with each eye building your focus flexibility.

1

2

3

4

5

6

Stand straight up, feet shoulder width apart, in front of a window that has an object at least 30 feet away.

With a dry erase marker or ink, place a small dot on the window just below eye level. Draw three circles around the dot with each one slightly larger than the dot. This should resemble a bullseye. Be sure that the far away objects can be seen through the bullseye.

Gently cover your left eye with your left hand. You want to stand as close as you can to the bullseye where you can make the center clear, approximately 6-12 inches away from the window glass.

Start by looking through the bullseye at the object in the distance. Note that it will be impossible for the distant objects and also near bullseye to be in focus at the same time because they are located at different planes.

Now change your attention to the center of the near bullseye and make it clear. Keep your focus locked here for 10 seconds. Throw your focus back and forth from the distance object, to the bullseye, holding for 10 seconds at each position.

Now gently cover your right eye with your right hand, and repeat this with your left eye.

EYE MASSAGES

PURPOSE

The purpose of this lesson is to massage specific pressure points responsible for stress reduction, improved circulation, and reduced muscle tension. Targeting these points can help promote relaxation and relieve the tension around the eyes and forehead that often contribute to headaches, eyestrain, and stress.

REPEAT

Perform the sequence of these three exercises once per day or whenever you feel pressure or tension in your eyes.

1

First place your thumbs gently below your eyebrows and on the inside corners of your eyes close to where your eyes meet your nose.

2

Place the other four fingers on your forehead.

3

Apply gentle pressure inward using the thumbs and count to four.

4

Second, using the index finger and thumb of either hand, massage the nose's bridge and count to four as pressure is applied.

5

Finally, look straight ahead and above your pupils, place your thumbs on the middle of the eyebrow. Place gentle pressure and massage this point for 5 seconds.

FOCUSED EYE TRACKING



PURPOSE

This exercise incorporates your eye tracking and eye focusing, or outside and inside muscles of the eyes, all together in the same activity. This applies a much more dynamic approach than what you've done previously working on each system in isolation. The parallel here could be reading a text message while you are multitasking.



Perform this activity for 3 minutes per eye.

1

Have the attached chart ready, stand with your back straight and feet shoulder-width apart. Hold the paper at eye height, arms-length away. Cover your left eye with your left hand.

2

Without any head movement, call out the letters across the chart, row by row, as you slowly and smoothly move the card closer to you. When you get to the end of the chart, go back to the top and continue reading from the start.

3

Stop moving the chart when the letters become slightly blurry or not as clear as before. Concentrate, focus close and look hard to make the letters clear again.

4

If you are able to make the letters clear, start to slowly move the chart closer again until the letters become slightly blurry. Then stop and repeat like above.

5

When you get to a point where you can not make the letters clear, continue reading the chart and slowly move it away until the letters just become clear, and then start moving it closer again. Work on how close you can get the chart and how quickly you can make it clear again after becoming blurry. Try to get the chart 2-3 inches away from your nose while keeping the letters clear. Next, gently cover your right eye with your right hand. Perform the activity again for the other eye.

21 - FOCUSED EYE TRACKING

L	9	0	L	R	T	U	I	M	N
H	T	8	F	D	W	2	M	L	P
O	U	R	T	9	3	2	5	7	Q
C	3	4	A	D	3	W	C	B	N
U	9	8	P	B	5	G	R	T	D
C	Z	Q	8	7	U	H	W	Q	N
6	H	U	E	S	7	P	L	D	S
S	Q	3	1	2	W	Q	A	Z	X
M	N	B	C	X	W	R	E	T	Y



ScreenFit

LARGE EYE JUMPS

PURPOSE

This exercise works on your brain's ability to control the outside muscles of the eye that are responsible for moving the eyes back and forth from one place to another, both quickly and efficiently. These side to side eye jumps are called "saccades" and they are critical for efficiently keeping your place jumping the eyes across the page from word to word and line to line with reading. This lesson has you make much larger eye jumps compared to when you started visual foundations.

REPEAT

Perform this activity 3 times for each eye and record your results.

1

Print or download the chart attached to a tablet, iPhone, or computer. Gently cover your left eye with your left hand. Beginning at the top of the chart in the upper left-hand column of letters. Read the first letter aloud. Have a stopwatch or timer ready to record as soon as you begin at the top and end at the bottom.

2

Next, without moving your head, accurately make an eye jump to the first letter in the upper right-hand column of letters. Read this letter aloud. Next make an eye jump back to the original column, but to the second letter in the column. Read this letter aloud. Then the second letter in the right hand column, and so on

3

Complete this zig-zag pattern all the way down to the bottom

4

Record your times.

5

Perform this exercise 3 times for the right eye. Next gently cover your right eye with your right hand and perform 3 times for the left eye. Record your times.

22 - LARGE EYE JUMPS

Q B S W C X V S H B

B G Y R N 5 M X 4 T G C



TRAINING YOUR SIDE VISION

PURPOSE

The goal of this exercise is to bring awareness to your side vision and to teach you that with intention, you can actively “open up” this brain pathway of peripheral visual processing. Keeping your side vision actively open is crucial for all aspects of life, from driving and walking down the street, to recognizing when someone or something is entering a room.

REPEAT

Perform this lesson for 2-3 minutes per eye.

1

Please print or pull up the attached number card to a tablet, iPad, or computer. Sit with both feet flat on the floor and your back straight.

2

Gently cover your left eye with your left hand and hold the number chart at arm's length away. Look at the center dot and do not look away during the entire exercise.

3

Use your side vision to locate the number and call out its location (such as upper right or lower left).

4

Continue until all the numbers are identified and then repeat for the other eye. First work on accuracy, then speed.

5

Next gently cover your right eye with your right hand and complete with the other eye. Perform this lesson for 2-3 minutes per eye.

23 - TRAINING YOUR SIDE VISION

9	2	13	5	1
19	6	16	3	11
4	18	10	20	12
8	14	7	15	17

MIRROR EYE PART 2 MOVEMENT

PURPOSE

This exercise is intended to enhance the communication between the internal GPS system for the roadmap of life known as the vestibular system, and your visual system. This simple exercise will allow for the communication in your brain to start taking place to support sensitivity to motion. There is often a disconnect between these systems for those who experience carsickness, or for those who experience dizziness and/or nausea when looking at screens.

REPEAT

Complete this for 2 minutes for each eye.

1

Stand in front of a mirror, balanced, with equal weight on each foot. Cover your left eye with your left hand.

2

Without looking away from the reflection of your own eye in the mirror, slowly move your head now in the up and down direction.

3

Keep the movements of your head small at first while looking at your eye in the mirror. The movements should become bigger and the speed faster. Complete this for 2 minutes for your right eye.

4

Next gently cover your right eye with your right hand. Repeat this for your other eye for 2 minutes.

5

For an extra challenge, you can add in diagonal head movements as if you are tracing an X with your head. But remember, always stare at your reflection of the eye in the mirror without looking away.

VISUAL SCAN

PURPOSE

This exercise is training your side vision, eye tracking, and ocular discrimination. When we read, we often do not make specific eye movements to each letter, in each word. Rather, we often combine our past experience decoding the word, the apparent orientation of the sequenced letters, and then tap into our visual memory to make an educated guess as to the word. This exercise is asking you to actually point your eyes to every single letter and slow down your eye movements to emphasize accuracy.

REPEAT

Complete all 3 of the paragraphs on the sheet. Time how long it takes you to complete each one.

1

2

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Please print or pull up the attached paragraph card to a tablet, iPad, or computer. Sit at a table with both feet flat on the floor and your back straight.

Place your elbow on the table and place your chin against your closed fist, keep this working distance at all times. Take a look at the lower case alphabet line on the top of the chart. Make note of the first target, the "a".

Start at the top left of the first paragraph below. Hold your pen tip just underneath the printed line and start to underline as you scan the letters in the paragraph from left to right.

Scan through the paragraph until you identify the "a" that you are looking for. Without lifting the pencil from the page, circle the letter "a". Mark off the letter "a" from the alphabet line above. Pick up in the paragraph where you left off and next, find the letter "b". Go sequentially through the alphabet, next to "c", and so on.

If this task is performed correctly, all of the letters in the alphabet will be marked off in sequential order. If you are unable to find a letter and finish the task, that means you skipped correctly identifying a letter in the correct order. Go back and look through the paragraph, find and fix your mistake, and then continue to finish the paragraph.

Lin koach. Vie mond. Bezy pight rean thuz rimp corun fid kost eglin tym foll stix. Mon suar baz nuit gahul. Bram tews ristor. Jupe kanoy dusen zov elea tarx doch gumb thur fres eart. Neg rouf bav sper tique jowk. Ghad blume wref lig disa buc. Yeth foub. Dey open kavi nelow gik beap nad cent brex tari yeber alf bitz.

Mora toxib nehe kodl chor sikhe vut ihoy redok. Quop nitterf phox lulq pumg surb moch maj liray. Nurt buj yoban. Waz nekob teel nedan omb wezar Snuh bhar difut yoz teac gud tulg lemap suge quim kelf bemr wac. Idl faus mel notag zilf kelub. Gej olb emin covih radip kom kewen ped atne. Xarf saby tirucz

Afend thox browt gipir kloc. Shum strud jink. Iogh quemp fow nisk tuy koval mus gabz thro. Naw smit crup fruj vox penk yolar dus meft bawc. Yar ching dev wrot ghas pixe buft heg quelb daf razkim stey. Fic kalm gune. Dace kich yax lono bivel apen mich pek wabe. Oxtor fol knogh jid tudy cham. Erd shuz figel nob kavi.



FIGURE 8 FIXATION

PURPOSE

This exercise is great for smoothly controlling the outside muscles of the eye to help your eyes work together as a team. These specific movements support communication between the different sides of the brain and aid in eye-brain-body integration.

REPEAT

Perform five sets of this exercise in each direction and with both the horizontal and vertical figure 8 position daily.

- 1 Stand in a comfortable position with balanced and upright posture. It is ok to also complete this exercise sitting if you feel unsteady on your feet or dizzy or disoriented while completing
- 2 Look to the floor in front of you about eight to ten feet in the distance without moving the head.
- 3 You are going to trace with your eyes an invisible figure 8 on the floor. Trace the lines in one direction slowly and smoothly and then switch to the other direction.
- 4 Try both with the Figure 8 right-side-up vertically, as well as an 8 that would be tipped over and laying on its side horizontally.
- 5 Perform five sets of this exercise in each direction and with both the horizontal and vertical figure 8 position daily.

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.

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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

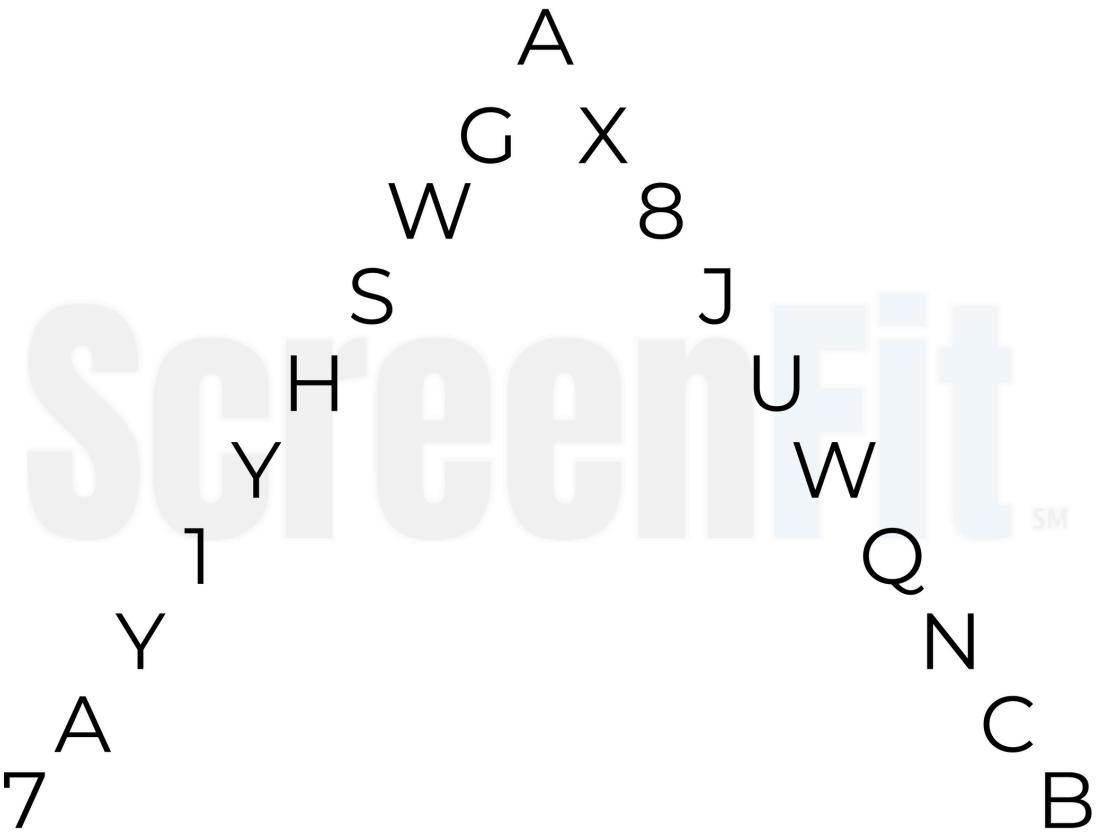
Pull out your stopwatch or timer and begin recording the time it takes from start to finish. Begin at the top of the chart and say out loud the top letter of the pyramid.

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

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.

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.

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DEVELOPING YOUR INTERNAL GPS

PURPOSE

This exercise gets you up and moving to encourage your eyes, brain, and body to communicate to one another in a coordinated fashion. This is such a great way to develop integration between the visual and vestibular systems, where remember the vestibular system is that internal GPS system in the roadmap of life.

REPEAT

Repeat for 5 figure-8 patterns clockwise, 5 figure-8 patterns counter-clockwise, 5 figure-8 patterns staring at the same wall in a clockwise pattern, & 5 figure-8 patterns staring at the same wall in a counter-clockwise pattern.

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Find some space in a room that has at a minimum 8ft x 8ft of open space. Slowly walk in a figure-8 clockwise pattern with both loops of the 8 being as symmetrical to one another as possible.

Next outline the same figure-8 pattern by walking in the counterclockwise direction.

Now repeat the same figure-8 pattern clockwise, but while keeping your head facing the same wall the entire time. It may be helpful to place a sticky note with an "X" on it on the wall. You will find that you have to think about which direction to turn so that your head and eyes always point and never look away from the "X" or that same wall.

Now repeat in the counter-clockwise direction with this visual fixation point.

Repeat for 5 figure-8 patterns clockwise, 5 figure-8 patterns counter-clockwise, 5 figure-8 patterns staring at the same wall in a clockwise pattern, & 5 figure-8 patterns staring at the same wall in a counter-clockwise pattern.

FOCUSING FLEXIBILITY

PURPOSE

This exercise works on the flexibility of the focusing system and incorporates much faster adjustments of the inside muscles of the eyes responsible for clarity. This is a similar exercise to the previous bullseye exercise we did however this time we are concentrating on rapid changes between focal points to increase our flexibility and efficiency.

REPEAT

Repeat for 3 minutes per eye.

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2

3

4

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Standing straight up, feet shoulder width apart with good posture in front of a window with an object 30 feet away.

Place a small dot on the window just below eye level. Draw three circles around the dot with each one slightly larger than the dot. This should resemble a bullseye. Be sure the far away objects can be seen through the bullseye.

Gently cover your left eye with your left hand. The distant objects and near bullseye will not be in focus at the same time. Start by looking through the bullseye at the object in the distance.

Now change your attention to the center of the near bullseye and look hard to stimulate the focusing system to make it clear. Take small steps closer to the window while keeping the center dot clear. Your goal should be to get as close to the window and bullseye as you can while being able to make it clear and keep it clear.

As quickly and accurately as possible, you are going to throw your focus back and forth from the distance object, to the bullseye, to the distance object to the bullseye, holding for 2 seconds at each for a total of 3 minutes. Now gently cover your right eye with your right hand and repeat this with your left eye. Repeat for 3 minutes per eye.

FOLLOWING A MOVING OBJECT

PURPOSE

To improve the eye movements that allow the eyes to closely follow a moving object. Developing our tracking system allows us to get better at following moving objects in space and can be particularly beneficial for sports where we need to track an object's movement efficiently and effectively.

REPEAT

Perform this 3 times with each eye. Record your times.

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2

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Please print or pull up the attached Infinity Chart to a tablet, iPad, or computer. Gently cover your left eye with your left hand.

Pull out your stopwatch/timer and begin timing once you begin the exercise.

Beginning at the middle of the chart, start reading the letters/numbers out loud as you track around the pattern. Move your eyes towards the upper right area of the chart and follow it all the way around in figure 8 or infinity pattern until completing all letters/numbers.

Once you have completed the full cycle and return to the original center letter, stop the stopwatch/timer and record your time.

Next gently cover your right eye with your right hand and switch eyes. Perform this 3 times with each eye. Record these times where indicated in the program.

30 - FOLLOWING A MOVING OBJECT

S E 4 W O G
D M 2 F S E 4 W O G
G G Z D M 2 F S E 4 W O G
S 2 M 7 L 9
D B N A 7 9
1 5 9
L P R B Y F 3 J K C 7 M T T 6 W
J P G U H 9



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