

# 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.