

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.