

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.