Eye Exercises

Introduction
In order to learn effective both eyes must work together smoothly; many people’s eyes do not.

This problem can be addressed by making sure that all the small muscles around the eyes are exercised.

Exercising your eyes is also good as a preventative measure to keep your eyes healthy and well supplied with a good blood supply that is full of nutrients; this can prevent age-related eye damage.

Maintaining good eye health is an important skill for all. It is not a short-term, quick fix, it is a lifetime skill.

Going to see a specialist Behavioural Optometrist for a proper assessment is a good investment in your vision and your brain’s ability to interpret visual images. The more we use screens the more important these exercises are.

Finding out more
If you want to find out more about how to maintain healthy eyes that both work together and send effective messages to your brain you can:

a. Visit a Behavioural Optometrist: www.babo.co.uk
b. Read books on the subject, such as:
   Improve Your Vision, Without Glasses or Contact Lenses, Beresford et al, (1996)
   Improve Your Eyesight Naturally: See Results Quickly, Leo Angart, (2012)

Exercises that you can do now to improve your vision

**CAUTION: Take care when exercising your eyes. Do not strain or stretch eye muscles. Be gentle and build up strength over time.**

1. Changing Focus

   1. Hold a pencil, or similar object, six inches (15 cm) away from your eyes.
   2. Focus on the object then change your focus to another object at least 15 feet away (5m).

   - Change focus from the near object to the far object every two seconds.
   - Keep going for 3 minutes.
2. Maintaining Close Focus

1. Hold a pencil in front of you at arm’s length.
2. Breathe slowly in and out.
3. Inhale slowly and bring the pencil to your nose tip. Keep the image of the pencil single and in focus as long as possible.
4. Exhale and take the pencil away from you in focus.

- Repeat the movement slowly, breathing in as the pencil comes towards your nose tip, and out as the pencil moves away to arm’s length.
- Keep going for 3 minutes.

3. Clock Rotations

1. Imagine a clock ahead of you with its centre a far object. Focus on the centre.
2. Keeping your head still and not moving your body, move your eyes only from the centre of the clock to the 12 O’clock position, stretching your eyes muscles as far as they will go.
3. Hold that position for 2 seconds and then move your eyes back to the centre.
4. Repeat the movement of your eyes from the centre to the 1 O’clock position, hold for two seconds, and return to focusing on the centre;
5. Repeat the movement of your eyes from the centre to the 2 O’clock position, hold for two seconds and return to focusing on the centre;
6. Keep going through all the positions on your imaginary clock.

- Always move eye muscles slowly and do not strain or jerk suddenly.
- Keep going for 2 minutes.

4. Eye Rotations

1. Imagine your giant clock again. Keeping your head still and not moving your body, move your eyes only from the centre of the clock to the 12 O’clock position stretching your eyes muscles as far as they will go.
2. From that position move your eyes slowly along the outside of your clock keeping the eye muscles fully stretched at all times.
3. Complete rotations in both clockwise and anti-clockwise directions.

- Always move eye muscles slowly and do not strain or jerk suddenly.
- Keep going for 2 minutes.

5. Slow Blinking

Breathe deeply and slowly.
1. As you inhale blink slowly and gently.
2. As you exhale close your eyes.
6. **Squeeze Blinking**

1. Squeeze your eyes tightly closed and count to three.
2. Open your eyes wide, blink a few times normally.
3. Repeat.

- Keep going for 1 minute.

7. **Blur Zoning**

Identify an object that you see blurred. If you are long-sighted that object will be near to you; if you are short-sighted or have good vision that will be far away from you.

1. Move your gaze around the edge of the blurred object.
2. Then focus on the smallest detail of the object that you can see and try to determine its exact shape.
3. Then try to see in closer and closer detail until you reach the limits of your perception.

- Keep your eye muscles relaxed throughout, do not strain.
- Keep going for two minutes.

**Other Exercises**

1. **Fast Blinking**

   1. Inhale and exhale slowly and deeply.
   2. As you exhale, blink as fast as possible and empty your lungs completely.
   3. As you inhale, blink normally and fill your lungs completely.
   4. Repeat.

   - Keep going for 1 minute.

b. **Eye crossing**

   1. Inhale and exhale slowly and deeply.
   2. As you inhale, look at the tip of your nose and cross your eyes (you should be able to see both sides of your eyes).
   3. Exhale, uncross your eyes
   4. Look at a distant object and empty your lungs completely.
   5. Repeat.

   - Keep going for 1 minute.

c. **Fusion chart**
Note: it will take time to become skilled at this exercise for many people. Well done if it comes easily to you; relax and take your time over weeks if it does not...

Hold the chart at arm’s length and look at the top row of images. Look at the tip of your nose and cross your eyes, then slowly uncross them. The top line of images should fuse with a fainter image on either side.

Alternatively, hold a pencil half way between the chart and your eyes. Look at the pencil and the images should fuse together in the background. Just relax and let this happen, it will come if you focus on the pencil.

Work to keep the central face stable by slowly moving your gaze along the edges and focusing in on details. Then work on fusing the lower rows of faces.

Once skilled at this exercise move the chart towards you keeping the faces fused until the point where the faces break-up.

- Stay relaxed throughout; do not strain your eyes.
- Keep going for 2 minutes.

d. Fusion focus change

Once the fusion chart is mastered use it as the near object in changing focus exercises. Fuse the faces at the near point (6ins/15cm away), when the faces are stable then change focus to look at the distant point (15ft/5m away). Repeat.

- Keep going for 3 minutes

e. Blur reading

Place a book open at a point where the text will appear blurred to you. If you are long-sighted the book will be near to you, less than 3 inches (7.5cm); if you are short-sighted or have good vision that will be far away from you.

Look at any word and slowly run your gaze around it. If you can see any letters slowly run your gaze around them, and concentrate on the exact outline of each letter. Then slowly run your gaze around other words.

- Keep going for 2 minutes

f. Scanning chart
Place the scanning chart at a point where you see it slightly blurred. If you are long-sighted that will be near to you; if you are short-sighted or have good vision that will be far away from you. Follow the line from A to B and back, letting your eyes jump from dot to dot. Use the large chart first and then the small chart. Focus on each dot for 2 seconds.

- Change the angle of the chart each time you use it, so that you look at it afresh each time.
- Keep going for 2 minutes.

g. Acuity chart

Place the acuity chart at a point where you see it slightly blurred. If you are long-sighted that will be near to you; if you are short-sighted or have good vision that will be far away from you.

Look at the smallest detail you can read and run your gaze calmly over the text above, which will be even smaller. Carefully study the outline of the words on that line above. Breathe slowly, stay calm and relaxed. When you can read some of the words on the line above, then move your gaze onto the next line up. If the whole chart is readable then move the chart further into your blurred zone and start again.

- Keep going for 2 minutes.

More eye exercises can be found at: [http://www.eyecanlearn.com/index.htm#Peripheral Awareness](http://www.eyecanlearn.com/index.htm#Peripheral Awareness)