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Eye muscle exercises

Don't do these exercises for more than 2 minutes at a time as this will cause a headache.

Hold an object close to your face (touching your nose) while focusing your eyes on it. Move the object slowly away, up to arms-length, while you keep eyes focused on it. Move the object back to your nose. Do this movement 10 times.

Focus on an object close to you (10cm) then look at an object far away (5m). Repeat 10 times.

Follow a quick moving object (e.g. laser) around the room. Just use your eyes, keep your head still. Do this exercise for 1 minute.

Draw a figure 8 (lying sideways) on an A3 paper and stick it to the wall.

Sit 3m away from the picture and follow the lazy 8 pattern with your eyes. Repeat 10 times.



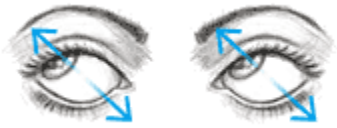
Look up, hold 5 seconds, relax your eyes.
Look down, hold 5 seconds, relax your eyes.
Repeat 5 times.
Blink your eyes a few seconds.



Look left, hold 5 seconds, relax your eyes.
Look right, hold 5 seconds, relax your eyes.
Repeat 5 times.
Blink your eyes.



Look up to your left, hold 5 seconds, relax your eyes.
 Look down to your right, hold 5 seconds, relax your eyes.
 Repeat 5 times.
 Blink your eyes.



Look up to your right, hold 5 seconds, relax your eyes.
 Look down to your left, hold 5 seconds, relax your eyes.
 Repeat 5 times.
 Blink your eyes.



Rotate eyeballs 10 circles to left.
 Blink your eyes.



Rotate eyeballs 10 circles to right.
 Blink your eyes.



Cross your eyes by looking at the tip of your nose.
 Look up at your eyebrows and then back to the tip the nose. Relax your eyes.
 Repeat 5 times.
 Blink your eyes



Close your eyes as tightly as you can.
 Hold 5 seconds, then relax.



Open your eyes wide open.
 Hold 5 seconds, then relax.
 Repeat 10 times.
 Blink your eyes

References

www.visionproblems.com

