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# TWOP TIPS

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# EYE EXERCISES IN OPTOMETRY PRACTICE



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## TIPS

**Eye exercises can be helpful for the following conditions:**

- Nystagmus
- Strabismus
- Amblyopia
- Myopia
- Visual field defects
- Dyslexia and learning difficulties
- Vergence problems such as convergence insufficiency
- Ocular motility conditions
- Accommodative dysfunction
- Asthenopia



## TIPS



It is important to note that people with pathological eye conditions such as retinopathy, cataracts, or glaucoma are unlikely to benefit from trying the eye exercises below.



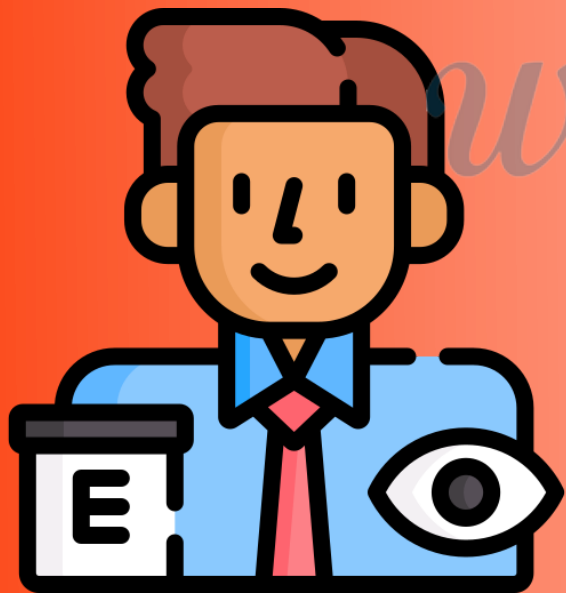
**1. Focus change** (This exercise works by challenging your focusing power. It should be done from a seated position).

- Hold your pointer finger a few inches away from your eye.
- Focus on your finger.

## TIPS



- Slowly move your finger away from your face, holding your focus.
- Look away for a moment, into the distance.
- Focus on your outstretched finger and slowly bring it back toward your eye.
- Look away and focus on something in the distance.
- Repeat three times.



## TIPS

### 2. Near and far focus

- Hold your thumb about 10 inches from your face and focus on it for 15 seconds.
- Find an object roughly 10 to 20 feet away, and focus on it for 15 seconds.
- Return your focus to your thumb.
- Repeat five times.



### 3. Eye movements

- Close the eyes.
- Slowly move the eyes upward, then downward.
- Repeat three times.
- Slowly move the eyes to the left, then to the right.
- Repeat three times.



## TIPS



### 5. Figure eight

- This exercise should be done from a seated position as well.
- Pick a point on the floor about 10 feet in front of you and focus on it.
- Trace an imaginary figure eight with your eyes.
- Keep tracing for 30 seconds, then switch directions.

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### 6. 20-20-20 rule

- After every 20 minutes of working with near tasks such as reading and computer use, look at 20 feet away for 20 seconds.



take a  
**20**  
SECOND BREAK



every  
**20**  
MINUTES



look at something  
**20**  
FEET AWAY

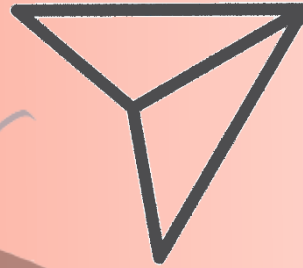




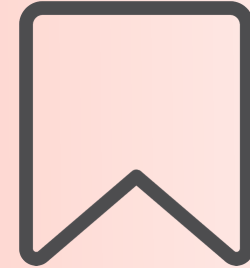
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