Ocular Therapy: Daily Home Exercise Program

Exercises: Once or twice a day

1. Stop the timer or clock, take a break, heal, and pick up where you left off if symptoms appear.
2. The long-term goal is to increase endurance.
3. Each exercise should be done for one minute.
4. Stop the workout if you can go for an entire minute without experiencing any symptoms.

Saccades

Vertical:

- Place two Post-It notes, about 12 inches apart, vertically on the wall. Take a minute to look up and down and back and forth between the post-it notes. Recall that taking breaks, as necessary, if symptoms arise.

Horizontal:

- Place two Post-It notes vertically on the wall, about 12 inches apart. Take a minute to look up and down and back and forth between the post-it notes. Remember: it is okay to take breaks, as necessary, if symptoms arise.

Gaze Stability: Place one post-it note in the center of the four notes from the saccades exercise to practice gaze stability**.**

Vertical

- Shake your head up and down for the recommended minute while keeping your focus on the central target. Recall that taking breaks as necessary is acceptable if symptoms arise.

Horizontal

- Shake your head left and right for the recommended minute, keeping your focus on the center target. Recall that taking breaks as necessary is acceptable if symptoms arise.

Convergence

Brock String

- Search Brock String on YouTube for a more thorough explanation.
- Put 3 beads onto a strand. When the string is held horizontally, the beads are evenly spaced and remain in focus (clear).
- Begin by focusing on the bead that is the farthest away from you and work your way toward the closest one. Every bead needs to be well-focused—not blurry.
- As your vision improves with this practice, you should be able to bring the nearest bead closer to your nose; the ideal distance is 4 cm, but not too close.

Pencil Push-Ups:

- Make use of a pencil or pen with side letters.
- Holding the letters at arm's length apart, bring them closer to your nose.
- When letters become double, slowly reverse back out to arm’s length.
- Repeat for approximately 1 minute