

# Daily Home Exercise Program for Ocular Therapy

Exercises: 1-2 times daily If symptoms occur, stop the time/clock, rest, recover, and restart where you left off. *Goal* is to improve endurance over time. Each exercise should be done for one-minute. After you are able to complete one minute with no symptoms, discontinue that exercise.

- Saccades

- Vertical

- place 2 post-it notes vertical on wall, approximately 12 inches apart. Look up and down, back and forth between the post-it notes, for the recommended 1 minute.

- Remember: it is okay to take breaks, as necessary, if symptoms occur.

- Horizontal

- place 2 post-it notes horizontal on wall, approximately 12 inches apart. Look left and right, back and forth between the post-it notes, for the recommended 1 minute.

- Remember: it is okay to take breaks, as necessary, if symptoms occur.

- Gaze Stability – place 1 post-it note on the wall, in the middle of the 4 post-it notes from the saccades exercise.

- Vertical

- shake head up and down while focusing on the center target for the recommended 1 minute. Remember: it is okay to take breaks, as necessary, if symptoms occur.

- Horizontal

- shake head left and right while focusing on the center target for the recommended 1 minute. Remember: it is okay to take breaks, as necessary, if symptoms occur.

- Convergence

- Brock String - for more detailed explanation search Brock String on YouTube.

- Place 3 beads on a string. Holding the string horizontal, beads are spaced out all still in focus (clear).

- Start by looking at the bead farthest away, focusing on each, working towards the closest bead. Each bead should be in focus (not blurry).

- As your eyes get better with this exercise, you should be able to move the closest bead closer to your nose, the goal being 4 cm away from your nose, while it still being clear.

- Pencil Push-Ups – use a pen or pencil with letters on the side

- At arm's length away, keep the letters in focus as you bring towards your nose.
      - When letter get blurry, continue slowly until the letters become double then stop.
      - When letters become double, slowly reverse back out to arm's length.
      - Repeat for approximately 1 minute.