

FOCUSING EXERCISE INSTRUCTIONS

Objective: To strengthen your eye focusing and flexibility.

Indication: Use for 5 -10 minutes every day to improve the eyes ability to focus especially if you read or use the computer frequently. This is one exercise of a vision therapy program and can be used as part of a general good “visual hygiene”. If your symptoms are more extensive, please see an eye doctor trained in vision therapy at www.covd.org

Symptoms of a focusing (accommodative) problem: Blurry distance vision after reading, vision that blurs out of focus while reading, double vision, eye pain, headaches from reading, burning, stinging eyes.

Equipment: *Eye patch, far chart, near chart*

Warning: A little discomfort following this exercise is good! Similarly if you had a good workout at the gym, the next day you should feel a little sore. Discontinue and see your eye doctor if you have more severe symptoms such as double vision, headaches that get worse over time, or decreasing vision instead of vision improvement.

Level 1 – Goal to train your focusing muscles how to easily and comfortably switch focus between far and near

1. Setup the *far chart* on a window, mirror, or wall at 6 feet or more (or as far as you can before it gets blurry). The goal is to move farther away while keeping this chart clear.
2. Place an *eye patch* over one eye.
3. Hold the *near chart* at 40 cm and read the top line trying to keep it as clear as possible. Trying to get the feeling of focusing or “working” your eyes
4. Now read the second line of the *far chart*. Establish the feeling of relaxing your eyes almost as if you were looking at a far away mountain range. If possible put the *far chart* on a window and be aware of all the things behind the *far chart* as you are reading
5. Remember to always breathe in and out slowly. Let the muscles in your neck, shoulders, and back relax.
6. Finish reading the chart by alternately reading one line at far and one line at near.
7. Switch the *patch* to the other eye and alternate reading both charts from the bottom to the top.
8. Record with a ruler how close you can hold the near chart and still keep it clear. Record how far away you can stand away from the *far chart*. The goal is to get as close as possible to the *near chart* and far from the *far chart*

Level 2 – Goal is to be able to easily alternate and focus clearly as close as possible and as far as possible

1. Put the *far chart* at 6 feet or as far as you can before it gets blurry. Patch one eye.
2. Hold the *near chart* at 40 cm and slowly move the chart closer to your eye while reading the top line. Stop moving when it gets blurry and try to focus your eyes to make it clear.
3. DO NOT move your hand! Keep it where you last could make the near chart clear.
4. Now read the second line of the *far chart*.
5. Switch back to the *near chart* and slowly inch it closer as focus and read the letters.
6. You may have to move the *near chart* back slightly to help it clear, but try to do most of the work by focusing your eyes.
7. Finish reading the chart by alternately reading one line at far and one line at near.
8. Switch the *patch* to the other eye and repeat

Level 3 - Goal is to be able to gain flexibility and speed

1. Read 5 letters at far, then 5 letters at near while slowly moving the near chart closer



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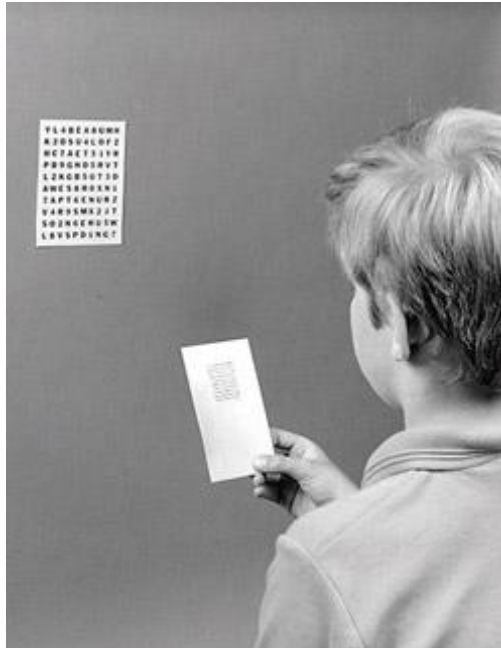
NEAR LETTER CHART

#1 Cut these into 4 separate charts and use the size which challenges you

Y L 4 B E A 8 U M H
K 2 D S U 4 L 0 F Z
H C 7 A E T 3 1 Y R
P B 9 G N 0 5 R V T
L 2 K G B 5 U T 3 D
A W E S 8 R 0 X N 1
7 A P T 6 E N U R Z
V 4 R 9 S M X 2 J T
S 0 2 N 6 E H U 5 W
L 8 V S P D 1 N G 7

Y L 4 B E A 8 U M H
K 2 D S U 4 L 0 F Z
H C 7 A E T 3 1 Y R
P B 9 G N 0 5 R V T
L 2 K G B 5 U T 3 D
A W E S 8 R 0 X N 1
7 A P T 6 E N U R Z
V 4 R 9 S M X 2 J T
S 0 2 N 6 E H U 5 W
L 8 V S P D 1 N G 7

Y L 4 B E A 8 U M H
K 2 D S U 4 L 0 F Z
H C 7 A E T 3 1 Y R
P B 9 G N 0 5 R V T
L 2 K G B 5 U T 3 D
A W E S 8 R 0 X N 1
7 A P T 6 E N U R Z
V 4 R 9 S M X 2 J T
S 0 2 N 6 E H U 5 W
L 8 V S P D 1 N G 7



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FAR LETTER CHART

#1 Put this chart at a far of 6 feet or more

1	2	3	4	5	6	7	8	9	10
Y	L	4	B	E	A	8	U	M	H
K	2	D	S	U	4	L	0	F	Z
H	C	7	A	E	T	3	1	Y	R
P	B	9	G	N	0	5	R	V	T
L	2	K	G	B	5	U	T	3	D
A	W	E	S	8	R	0	X	N	1
7	A	P	T	6	E	N	U	R	Z
V	4	R	9	S	M	X	2	J	T
S	0	2	N	6	E	H	U	5	W
L	8	V	S	P	D	1	N	G	7



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