



Vision Center

BLINKING EXERCISES

Poor blinking habits may frequently inhibit the improvement in meibomian gland function resulting from LipiFlow treatment. To prevent this and to obtain maximum results, blinking exercises must be performed at regular intervals throughout the day, for a full month after the LipiFlow treatment as specified by your Doctor.

Blinking is usually thought to be involuntary, and not requiring attention. Desirable or good blinking requires that a high percentage of blinks are complete, where the upper lid contacts the lower lid. Good blinking must also be adequately frequent; for most individuals a minimum of 6 blinks per minute.

Poor blinking habits are acquired from a number of activities, especially those that require moderate concentration, e.g. computer use, video games, reading and stress. Fortunately, good blinking habits can be achieved through proper exercises, which have a 30 year history of success.

The goals of blinking exercises are to minimize poor blinking habits and to train good blinking habits. There are two key principles.

1. The upper lid must be taught to contact the lower lid to achieve a complete blink. Partial blinking, where the upper lid during the downward phase of the blink does not touch the lower lid, results in not wetting the ocular surface optimally or promoting secretion. A serious consequence is the obstruction of the Meibomian glands, leading to Meibomian gland dysfunction (MGD) followed by a increasing cascade of dry eye.
2. The frequency of blinking must be adequate – a target is 15-20 blinks per minute.

The tests we have conducted indicate that you must comply with a program of blink exercises to achieve maximum benefits. The program is listed below and is customized to your individual situation.

Blinking Instructions




Blinking Exercises should be performed at regular intervals throughout the day. Your situation requires that you stop and perform **2 repetitions** of the blinking sequence exercise every **20 minutes during the day** for a minimum total of **20 times per day**.

You should perform the exercises 7 days per week.

The blink exercise consists of the following steps:

1. **Close** to teach the lids to touch
2. **Pause** for a count of 2 to reinforce the lids touching
3. **Squeeze** down lightly for a count of 2 to help develop the muscles and to stimulate the neural pathways that control the downward phase of the blink
4. **Open** for a count of 2 to complete the blinking cycle

CLOSE - PAUSE 1, 2 - SQUEEZE 1, 2 - OPEN 1, 2

Close and Pause for a count of 2	<p>Blinking Exercises should be performed at regular intervals throughout the day.</p> <p>Your situation requires that you stop and perform 2 repetitions of the blinking sequence exercise every 20 minutes during the day for a minimum total of 20 times per day.</p> <p><i>You should perform the exercises 7 days per week</i></p>
	
Squeeze for a count of 2	
	
Open for a count of 2	
	

Further Instructions:

- Hold your fingers at the corners of your eyes
- When performing the close phase correctly, you will feel minimal to no movement under your fingers.
- When performing the squeeze phase correctly, you will feel movement under fingers as the muscles contract. The more forceful the squeeze, the greater the contraction of the muscles and the greater the movement under your fingers.
- To obtain maximum benefits from the exercise, it is important for all blink instructions to be reviewed with you by our office.



your

Blinking Exercise Options

- For performing the exercises, identify a task during your day which is repetitive (answering phone calls, sending emails, or turning a page), and perform one complete blink when doing this task. Conditioning yourself to perform only one blink, but very frequently, where you make full contact and then give a light squeeze will reinforce the blinking sequence exercises and hasten the elimination of poor blinking.
- **Blinking is very task-dependent**
For example, if you working on a computer or reading a book where a high level of concentration is required, your frequency of blinking will decrease, frequently to less than 50% of the usual frequency of 5- 6 per minute.
- **IF YOU ARE NOT COMPLIANT, YOU WILL NOT IMPROVE.**

Set an automatic reminder on your computer. Below is a short list of software.

		PC	Mac	Darkens screen	Pop up	Exercise Tips
Free	Monkey Matt					
	Workrave					
	TimeOut					
	EyeLeo					
	PC Work Break					
Non Free	Paratec					
	Eye Protector Pro					

Freewares:

- 1) <http://www.monkeymatt.com/bigstretch/>
- 2) <http://www.workrave.org/>
- 3) **Timeout (search in App store)**
- 4) <http://eyeleo.com/>
- 5) <http://www.trisunsoft.com/pc-work-break>

Non-free:

- 1) <http://www.paratec.com>
- 2) <http://www.eyeprotectorpro.com/>

