



Jennifer S. Simonson, OD, FCOVD

Roger T. Dowis, OD, FCOVD

Jeff Berger, OD

1790 30<sup>th</sup> Street, Suite 311, Boulder, CO 80301

(303) 443-2257 (303) 443-4599 (FAX)

E-Mail: BoulderVT@yahoo.com

www.BoulderVT.com

## **Eye-Stretches**

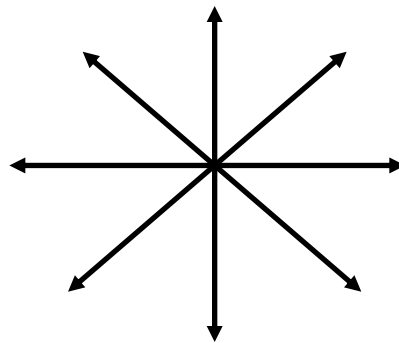
**Goal:** To warm-up eye muscles and increase ocular range of motion.

### **Instructions:**

Look in each of the following positions. Hold for a few seconds in each position. Do with both eyes and with one eye at a time (patch or cover the other eye),

1. Look up toward the ceiling
2. Look down towards the ground
3. Look across to the left
4. Look across to the right
5. Look up and to the left
6. Look down and to the right
7. Look up and to the right
8. Look down and to the left

Once you are comfortable with these stretches, work up to holding for 15-30 seconds.



### **Instructions for open eye rotations:**

1. Roll eye around 5 times clockwise and 5 times counterclockwise very slowly. Be sure to move the eyes, not the head or neck.

