

Eye tracking exercise

Purpose:

To practice eye movements and following a target to improve efficiency of eye movements

Starting Position:

Sitting comfortably in a chair with back supported.

Exercise:

Hold onto a pen or a popsicle stick or just use your finger as a visual target. Hold it out at arm's length and move it right and left and up and down in an 'H' pattern. Do this as slowly as you need to in order to keep your eyes on the target and the target in focus.

How to make it easier:

Perform task lying flat on your back, start training with one eye covered and progress to using both eyes at once. Make sure the visual environment in front of you is as minimal as possible – like a blank wall. Wear a weighted compression vest.

How to make it harder:

- move target more quickly
- add diagonal movements and circular movements (both directions)
- add a balance task such as standing on one leg, in tandem stance (standing with one foot in front of the other), standing on a cushion
- add noise distractions in the background