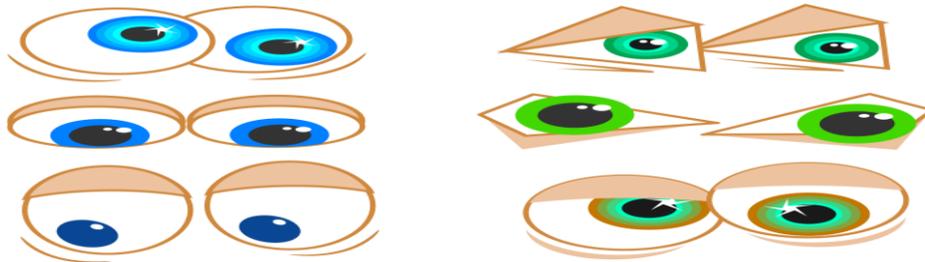


## Eye Stretches



Look away from your computer, across the room, out a window or down a corridor to VARY the visual distance and to change the light 15-20' away once per hour.

Eye rolling close eyes – look left and pause for a count of 5, then right for a count of 5, then look up and pause for a count of 5, then down for the same.

Diagonal exercises – look to the top left and then down to bottom right hold for counts of 5, top right to bottom left and counts for 5

Eyes still closed make big eye roll circle 5 times each way

Hold your thumb at arm's length and slowly bring your thumb to your eyes changing the focus as your thumb draws nearer, go to a cross eye and then slowly reverse to arm's length. Do this 2/day.

Palming your eyes – place the palm of your hands over your eyes and rest your eyes in the dark. Relax the muscles around your eyes, eyebrows and cheeks, count to 10, complete every two hours.

Like any muscles when used, they get stronger. Some suggest that your eye sight will improve.

Remember to breathe 😊 too. We tend to hold our breath when we exercise.

*CAUTION: If you have an injury or any type of reoccurring discomforts, you should immediately report your injury/symptoms and obtain a medical evaluation.*

*These stretching exercises are not provided to cure any existing problems, but they may help in preventing any future ones. Individuals with previous injury should consult with their physician before performing these exercises on a routine basis. Always obtain medical consent prior to starting any exercise program.*

*You may feel tension and tightness while performing some of these, **but you should not feel pain**. If you feel pain, back off the stretch a little until it feels more comfortable.*