



## EYE EXERCISES

The eye, like the brain, requires hydration for optimal performance. As with any muscle, when the eyes are not allowed to move they weaken. Reduced physical activity, increased TV/ computer use and video/handheld games have a negative impact on the eyes. The eye, by design, is three dimensional and performs best through movement. When a child spends time in front of an electronic screen, not only does the brain have difficulty with processing, but the eyes go into ocular lock.

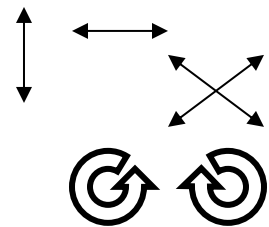
During the learning process, 75%-90% of classroom learning occurs through the visual system. The eyes are required to move from left to right across midline for efficient reading. Eye dominance has a significant impact on the efficiency for which a learner is able to read. If a learner has a left eye dominant pattern, it can result in reversals and learning difficulties.

### Reflex re-education of visual reflex:

- Check in sitting, sphinx position prone prop.
- To check:
  - place visual stimuli 8" and have child move eyes to track along horizontal shape of face arc (from ear to ear)
  - start stop along same horizontal arc
  - fast horizontal tracking along face arc
- To re-educate
  - place child in prone prop
  - child visually tracks stimuli along horizontal arc using start stop tracking
  - Allow eyes to rest
  - Repeat 4-6 times
  - Use no more than 2 times week

Exercises to support developmental foundation. Do these exercises everyday for 2 weeks. Repeat movement 3-5 minutes a day for 2 –3 weeks

- Water hydrates the body. When the body is hydrated the brain's ability to process information is greatly increased. The eye requires water for optimal
- Visual Tracking Exercises Materials: suspended ball
  - Child lies on his/her back
  - Using only the eyes, track the suspended object
  - Adult moves the ball up/down, right/left, diagonal direction and in a circular direction
  - Have child track a normal speed, start stop and then fast speed



### ▪ Lazy 8s

- **Exercise:** Place an object 12-15" away from the eyes. Move the object up and to the right, encouraging the child to track the object moving only his eyes. Repeat 5-8 times moving the object slowly.
  - Perform this exercise during the 2-3 week eye training, after the child plays video games and before reading.
- **Benefits:** Increases eye-muscle coordination, increases the ability to cross visual midline



For more information about Brain Gym visit [www.braingym.org](http://www.braingym.org)

For more information about reflexes visit [www.masgutovamethod.com](http://www.masgutovamethod.com)

