



Hart Chart Vision Exercise

Purpose: To improve the ability of your eyes to work together, especially when looking between near and far objects.

Procedure:

- Tape the chart with the large block of letters on the wall at eye level.
- Stand about 6 feet away from the large chart while holding the small chart in your hand about reading distance away from your eyes.
- Read the first letter in the first row (across) on the large chart, then jump your eyes to the small chart to read the first letter in the first row.
- Alternate moving your eyes back and forth quickly reading the entire row.

Exercise variations: (pick different patterns each time)

- Read forward and backwards across rows.
- Read up and down columns.
- Read in diagonal patterns.
- Read the outside border in clockwise or counter clockwise direction.
- Stand at different distances away from the large chart (between 5-12 feet).
- Perform with both eyes / left eye only / right eye only.

Added Challenges:

- Stand with feet together / one foot in front of the other / on one leg.
- Stand on foam surface with feet apart / feet together.
- Do this exercise to the beat of a metronome. Start at 50 beats per minute and gradually increase the speed as tolerated.

Guidelines:

- Begin performing this exercise for 30 seconds, gradually increasing to 2 minutes, 3 times per day.
- Exercise should NOT provoke a headache or increase an existing headache.
- Exercises may provoke mild dizziness or nausea. Symptoms should not exceed a level 5 on a 0 - 10 scale where 10 is severe dizziness/nausea.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health System (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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