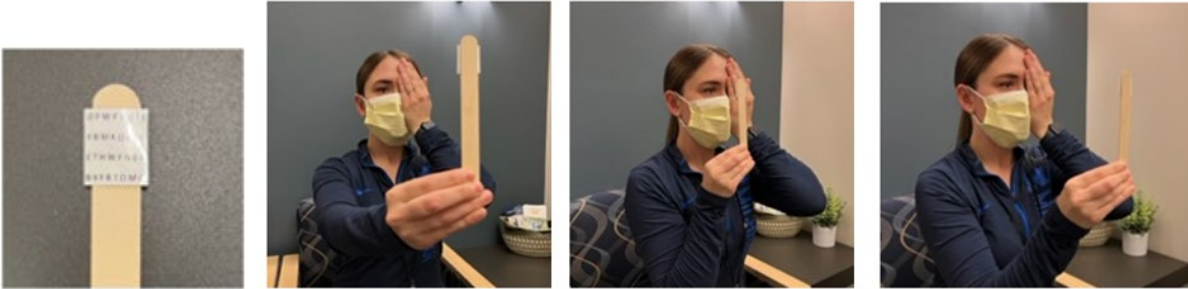


Accommodative Push-Up and Pull-Away

Purpose: This exercise can help improve the ability of your eyes to focus, especially when looking at close objects.



Instructions:

1. Cover one eye and hold the stick directly in front of your uncovered eye, at arm's length away, with the letter(s) on the stick at eye level.
2. Slowly move the stick toward your uncovered eye as you focus on a letter. Stop when the letter blurs (looks blurry). Blink a few times. If the letter clears up, then slowly move the stick closer to your eye again.
3. When you can no longer make the letter look clear, slowly move the stick back out to the point where you see one clear image. Hold this position for 10-15 seconds.
4. Return to holding the stick at arm's length away.

Repeat this exercise 5 / 10 / 15 times with your left eye / right eye / both eyes, once per day.

Remember to stop and take a break if your symptoms (headache, eye strain, nausea) increase by 3 points (on a scale from 0-10). Wait until symptoms return to baseline before trying again.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. 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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