



1. Sit/Stand, 5 feet away from the target “M” taped to the wall at eye level.
2. Hold the target “x” in your hand at arm’s length away.
3. Look at the “M”. When you have it in good focus, have your eyes jump quickly to look at the “x”. Once the “x” is in focus, then quickly look back to the “M” on the wall.
4. Repeat quickly moving your eyes from the close “x” to the far “M”, always **making sure the target letter is in clear focus** before moving your eyes to the next target.
  - Move the “x” target closer to you inch by inch stopping right before the “x” begins to blur or double. The goal is to get the “x” about 6” away from the end of your nose and have the “x” remain clear.
  - Vary the distance that you stand from the “M” target between 5 to 12 feet.
  - Do this exercise with one eye at a time (cover the other eye with your hand).
5. Begin by doing this exercise for 30 seconds at a time. Gradually build up to 60 seconds.
6. Do this exercise 3 times each day.

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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