

Exercise Prescription: Wall clock

Purpose of Exercise: This is an ocular exercise aiming to improve ones ability to look quickly and efficiently from object to object.

Starting Position: Sitting down about 3 feet in front of a wall. Have 5 stickers on the wall in front of you: one directly in front of your eyes, the other 4 as far as you can comfortably see while sitting down in all 4 directions.

Exercise Description: Start by looking at the center sticker. Without moving your neck, look quickly at the top sticker and then back to the middle sticker. Try to move quickly from one sticker to another rather than slowly moving your eyes to the next target. Repeat with the other stickers with the prescribed pattern.

Progressions:

- Standing up
- Dimming/brightening the room
- Standing on one leg

Pictures:



