

Exercise Prescription: Pencil Pushup

Purpose of Exercise: This is an ocular exercise aiming to improve ones ability to focus on an object close to them.

Starting Position: Sitting down, holding an pencil with an eraser (or something equivalent to focus on) in front of your nose.

Exercise Description: Slowly bring the object closer to your nose, aiming to maintain focus on the tip. Once the tip appears to start splitting into two (NOT going blurry), bring the object slowly away from your nose until you see one tip. Repeat as directed.

Progressions:

- Standing up
- Standing in room with more background noise
- Walking

Pictures:

