

## Exercise Prescription: Step Accommodation

Purpose of Exercise: This is an exercise to improve the eyes ability to focus on objects at different depths.

Starting Position: Sitting down, holding a stick with an "X" at arm's reach in front of you and another one about 10cm closer to you.

Exercise Description: Without moving your arms, focus on the farther X for 3 seconds. Then, immediately focus on the closer X for 3 seconds. Repeat as directed. Move the X's farther apart as the exercise gets easier.

Progressions:

- 1) Sitting
- 2) Standing
- 3) While walking or balancing on one leg

Pictures:

