

## Exercise Prescription: Target Fixation

Purpose of Exercise: This is an exercise to improve the eyes ability to focus on a stationary target away from midline.

Starting Position: Sitting down, holding your thumb or checkerboard sheet out in front of your face.

Exercise Description: Slowly move your thumb/sheet 20 degrees to the right and hold in position for 20 seconds, keeping your focus on your thumb/sheet. Repeat on the other side for another 20 seconds.

Progressions:

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

Pictures:

