

Exercise Prescription: Ramp Exercise

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

Starting Position: Sitting down, holding a stick with an "X" in front of you.

Exercise Description: Slowly bring the stick closer to your nose while maintaining focus on the X until it begins to blur. Once this happens, hold the stick in place for 5 seconds, attempting to focus on the X. Afterwards, bring it out to where you can clearly see the X. Repeat as directed.

Progressions:

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

Pictures:

