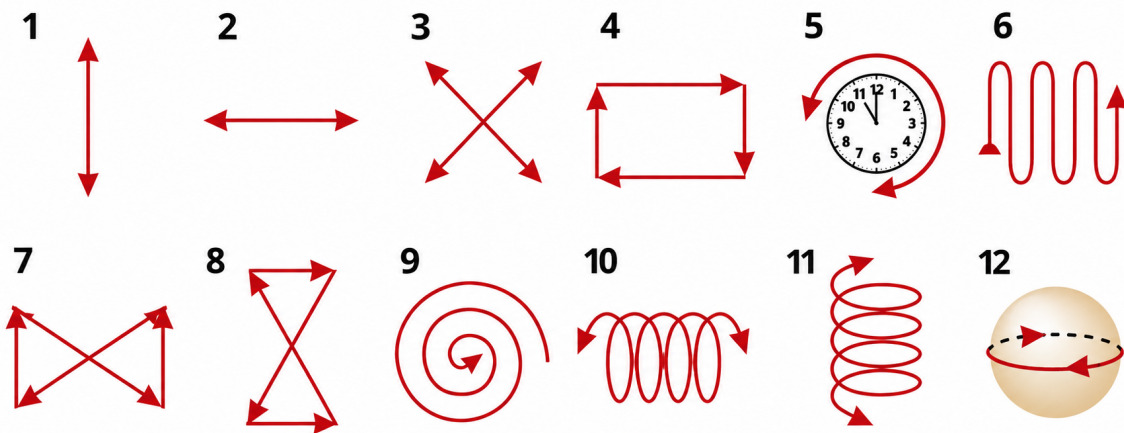


12 Eye Movement Exercises

A simple, gentle visual-mobility routine to follow at your own pace.

Before you begin

Sit comfortably and keep your head as still as practical. Move only your eyes, following each arrow slowly and smoothly. Blink normally during each movement.



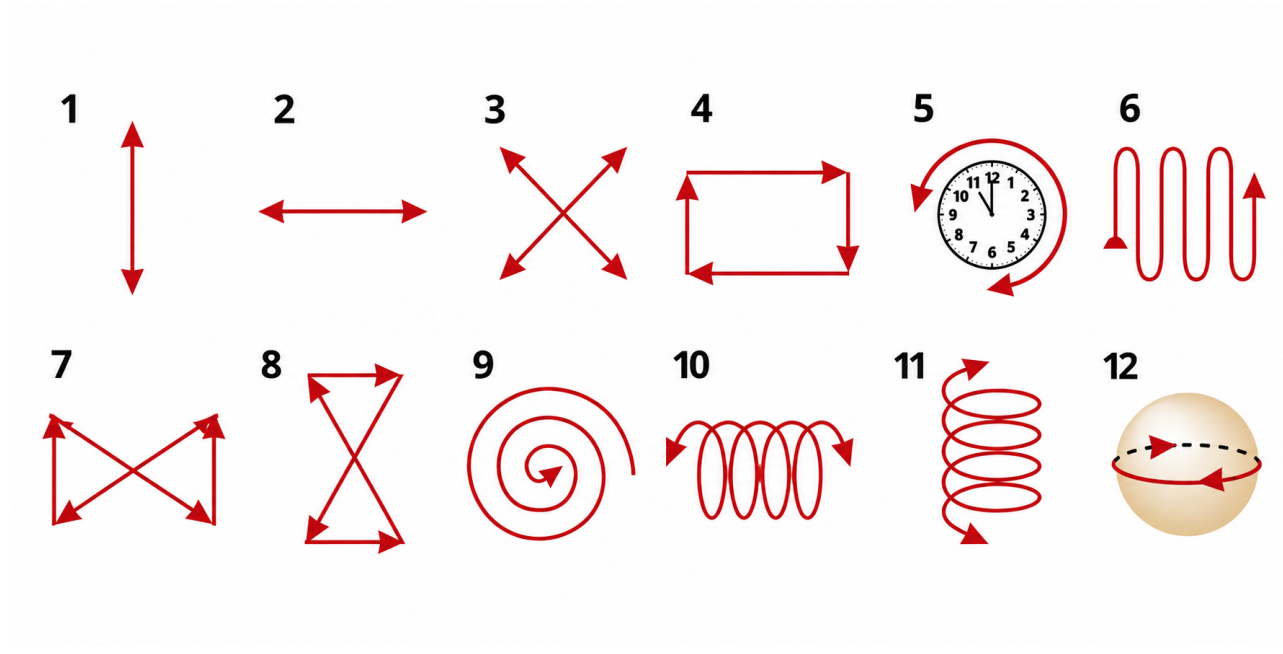
Between movements: blink rapidly several times. Then relax your eyes briefly before moving on to the next exercise.

A comfortable starting point: 3–5 slow repetitions of each movement. There is no need to force the eyes to the edge of their range.

If any movement causes pain, significant dizziness, nausea, double vision, or unusual visual symptoms, stop and seek appropriate professional advice.

The visual guide

Use this page as your quick reference. Each number corresponds to the exercise descriptions on the following pages.



Between every exercise: blink rapidly several times, relax your eyes, and then begin the next movement.

Exercise guide

Movements 1–6

1

Vertical movement

Keeping your head still, slowly move your eyes up, then down. Repeat smoothly.

2

Horizontal movement

Move your eyes slowly from left to right, then right to left. Keep the head relaxed and still.

3

Diagonal movement

Trace a gentle diagonal from one upper corner to the opposite lower corner, then reverse along the other diagonal.

4

Rectangle

Use your eyes to trace the four sides of the rectangle: across, down, back, and up. Repeat in the opposite direction if comfortable.

5

Clock circles

Imagine the face of a clock and trace a slow circle with your eyes. Make several circles in one direction, then reverse.

6

Vertical loops

Trace the tall looping path with your eyes from top to bottom and back up, following the curves rather than moving the head.

Between movements: blink rapidly several times, then let your eyes relax before beginning the next movement.

Exercise guide

Movements 7–12

7

Crossing diagonals

Trace the two diagonal paths that cross in the middle, moving from corner to corner in a smooth, controlled pattern.

8

Hourglass

Trace the hourglass shape from one corner to the next, crossing through the centre. Reverse direction when ready.

9

Spiral

Follow the spiral inward toward the centre, then gradually trace it back outward. Keep the movement slow and comfortable.

10

Horizontal wave

Follow the repeating wave from left to right. Let your eyes travel smoothly over each curve.

11

Vertical spiral

Trace the tall spiral from top to bottom, following each curve. Then reverse the direction.

12

Around the globe

Imagine the eye is looking around a globe. Trace the circular path around it, following the arrows, and repeat in the opposite direction.

Between movements: blink rapidly several times, then let your eyes relax before beginning the next movement.

Remember: This handout is a general movement guide, not a diagnosis or treatment plan. If you have an eye condition, recent eye surgery, persistent visual symptoms, or concerns about whether these exercises are appropriate for you, consult an optometrist or ophthalmologist.