

Pencil Push-ups

Purpose: To improve the ability of your eyes to work together, especially when looking at close objects.



Instructions:

1. Hold a pencil in front of you at arm's length away. The pencil should be vertical, with the tip of the eraser on top. Hold the pencil directly in front of your nose, with the tip of the eraser just below eye level.
 2. Slowly move the pencil toward your face as you concentrate and focus on the eraser. Stop when you see two pencils rather than one.
 3. Slowly move the pencil back out to arm's length always trying to keep the pencil eraser one clear image.
- Perform this exercise for 30 seconds, gradually building up to 60 seconds, 3 times each day.
 - Remember to stop this exercise if symptoms increase by 3 points on a 10-point scale. Wait until symptoms return to baseline before trying again.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health System (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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