

Wall Clock Eye Exercise

Purpose: To practice quick movements of the eyes in all directions.

Materials required: Post-it notes, marker, blank wall space.

Starting position: Stand in front of a wall. Place 12 visual targets (Post-it notes work well) in a circle like a clock. Place an X in the middle of the clock.

Exercise: Move your eyes as quickly as you can from each Post-it note to the centre X moving in a clockwise and then counter clockwise direction.

How to make it easier:

1. Perform the exercise while sitting in a chair with your back supported.
2. Wear a weighted compression vest.

How to make it harder:

1. Add a balance task such as standing on one leg, in tandem stance (standing with one foot in front of the other) or standing on a cushion.
- b) Replace the X in the centre with numbers in circle worksheet. Move your eyes around the clock again but when you bring your eyes to centre find the numbers in order from 1–12 with each eye shift. Do this counter-clockwise from 12-1.
- c) Change the numbers on the wall clock so they are not in order and repeat b)

