

New Book Released - 45 Lazy Eye Exercises: Eye Patch Exercises To Improve Vision

Do you have a child that has lazy eye or do you have lazy eye? Millions of children are diagnosed every year with lazy eye or amblyopia and must wear eye patches as a result. "45 Lazy Eye Exercises" was published to provide help on this condition.

Aug. 26, 2009 - [PRLog](#) -- Amblyopia, also known as “lazy eye”, is a known eye problem that is discovered in millions of children every year. This problem causes the brain to decrease its use of the affected eye over the other. Because of this, there will be a substantial disparity in between the vision between the two eyes. The eye that is affected by lazy eye will not be as strong as the eye that the eye is using as the primary eye.

Eye patching is the most common treatment method to strengthen the muscles for a lazy eye condition. Through eye patching, some vision can be restored in the affected eye so that the person who is suffering from amblyopia can begin to start using both eyes together again. The major cause of lazy eye is unknown.

However, eye patching has been used for decades to help correct the vision loss.

Patches are worn for a specified period of time based upon your physician's recommendation. Given your eye condition, it could be from 2 to 3 hours a day or much longer. To be more effective during eye patching, many optometrists recommend that near-sighted exercises are performed.

Near sighted activities are simple exercises that you can perform at close distance to your eye to help work the affected eye. If you have a child with amblyopia, then you probably face a challenge with their willingness to wear the patch because most of the time it does not feel comfortable. However, the key to helping your child enjoy patching time is by finding exercises that your child can enjoy doing during patch time that can also be effective.

“45 Lazy Eye Exercises” is a book that was written to provide sample activities that can be performed during eye patching. These are common exercises that you or your child can do that are fun while they assist in working the affected eye.

This 70 page book is written by a parent of a child with amblyopia for other parents and friends and family of those who suffer with amblyopia. At the beginning of the book is an introduction written by the author that provides background information on amblyopia.

After the introduction, the author provides basic tips and suggestions that can be used when eye patching to make the time more effective. Lastly, the author provides the 45 eye patching activities broken down page by page in a simple and easy to follow manner.

“45 Lazy Eye Exercises” is a must have for parents and those people who suffer from amblyopia.

For more information about this book, then visit:

<http://www.amazon.com/45-Lazy-Eye-Exercises-Amblyopia/dp/...>

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