

Lazy Eye Exercises – Simple Eye Exercises That Work

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June 5, 2010 - [PRLog](#) -- It is estimated that Amblyopia or lazy eye affects about 3 percent of the population in the world and cannot be corrected with glasses. People with this problem disorder suffer a range of symptoms such as : poor vision in one eye, poor depth perception, difficulty seeing three-dimensional objects, and poor motion sensitivity.

Amblyopia can be dramatically improved by performing lazy eye exercises. A study shows that with a continuous treatment, some people can recover from lazy eye, or amblyopia in just about two weeks. No matter what form of treatment the doctor recommends, eye exercises will help to strengthen your eye muscles as part of your therapy program. Below are three basic methods to improve your vision.

1. Eye Patch

Eye patch is probably the most recommended form of treatment because it is safe, effective and inexpensive. The very act of wearing an eye patch itself can be considered as part of the exercise. By covering the dominant eye with an eye patch, the weaker eye is forced to work harder and can communicate with the brain.

2. Training the eyes

After the good eye is covered with an eye patch, you can begin treating the amblyopic eye with lazy eye exercises. Three exercises specially developed to train lazy eyes are : focusing, rolling and tracking.

Focusing Skills

This exercise should be performed by quick shifting focus from near to far distance. For example, read printouts numbers on a sheet of paper then quickly shift your eye to look to a wall calendar.

Rolling

Cover the stronger eye with a patch, then roll the eyes with circular motion.

Tracking

Another lazy eye exercise is tracking. Tracking can help people to integrate the central and peripheral vision. The central vision inform us about the object we are looking at and the peripheral vision tells us to locate the objects. Good vision should have good integration of both these visions.

Here is how to do : use your eye to track the outline of a circle or any other shape. Track the image continuously without any interruption.

3. Focusing on small objects

Train the weaker eye to look small objects or read letters in a book or newspaper. Remember to cover the stronger eye with eye patch and do this exercise at least one hour each day. If you like you can also do crossword puzzles or any other print games on magazines.

Some researchers have developed therapy computer game to help improving the neurons in the brain controlling eye function. It is said that this special therapeutic game can boost the result of lazy eye treatments.

Many people have experienced significant result by following lazy eye exercises without the help of eye surgery and artificial lenses. The exercises can effectively help you treat amblyopia at any age, even if your parents have poor eyesight condition. To learn more visit click a <http://www.visionbetter.net> to find valuable information on how to treat lazy eye for adult as well as children.

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