

Susannah Quisling Longmuir, MD  
Ophthalmologist  
593 Stewart's Ferry Pike  
Nashville, TN 37214  
Phone: 615-885-4900  
Fax: 615-885-4719

### PENCIL PUSH-UPS:

- 1) Hold a pencil or small target at arms length.
- 2) Look at the top of the pencil or target and focus to make the image clear and single.
- 3) When the image is single, slowly move the target in toward your nose. At the point where the image splits into two, immediately stop moving it. Focus on the target until it becomes one again. Hold the image single and clear for 30 seconds before proceeding.
- 4) If you are not able to make the image one again, move it backward very slowly until it is one. Hold the image single for 30 seconds.
- 5) When the image is single, slowly move the target in toward your nose. At the point where the image splits into two, immediately stop moving it. Focus on the target until it becomes one again. Hold the image single and clear for 30 seconds before proceeding.
- 6) Keep moving the target forward until it can touch your nose without splitting into two.

Do this exercise in the evening! It may cause fatigue and/or eye strain.