

Your exercise plan

Vision defect: myopia (low), astigmatism (low)

Plan A (relaxation)

R1. Basic stretching exercises	1 min.
R8. Alternate eye movements	1 min.
R3. Palming (concealing of eyes)	1 min.
K2. Stretching of eye oblique muscles	2 min.

Plan B (stress)

R3. Palming (concealing of eyes)	1 min.
K2. Stretching of eye oblique muscles	1 min.
R3. Palming (concealing of eyes)	1 min.
K1. Exercise with a Snellen chart	1 min.
A1. Relaxation of rectus muscles	1 min.