

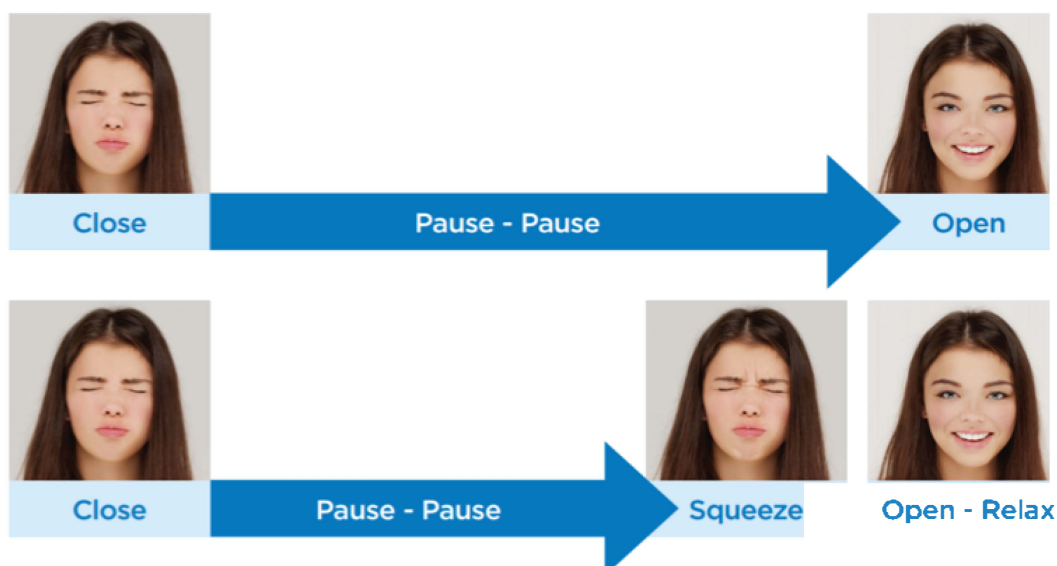
Blinking Exercise for Partial Blinkers

Partial Blinking is very common in people with dry eyes. If you have been diagnosed as a partial blinker and your doctor feels blinking exercises would be helpful to you, please follow these instructions:

Blinking Sequence

Close - Pause - Pause - Open - Relax

Close - Pause - Pause - Squeeze - Open - Relax



What to Do:

1. Close your eyes softly and count to 2.
2. Open your eyes.
3. Close your eyes softly and count to 2.
4. Squeeze your closed lids tightly and count to 2.
5. Open your eyes and count to 2.
6. Repeat steps 1-5 once more.
7. Perform this blinking exercise every 10-12 minutes during extended visual activities, such as reading or watching television.

Download the FREE App

Make blink training a habit! Set up daily and hourly reminders and learn proper pacing.

- Open the App Store or Plan Store on your smartphone.
- Search for "Donald Korb Blink Training."
- Download the FREE App.
- Never miss an exercise!