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*Note: For best results print a PDF copy of the Snellen Test Card from our website. The link is located on our App Store page.*

Having perfected the swinging motion by practicing it every day for a week, it may now be used while reading the chart.

Proceed as follows:

Stand with your side to the Snellen chart, having the chart ten or more feet away from you.

Now do The Long Swing, and as the eyes are facing the chart at the end of each swing, read one letter.

Do not stop to read the letter but keep up the continuous movement, simply picking up the letter during the short interval the head is turned in that direction.

This exercise is an aid to central fixation as well as shifting.

