

Did you know it ?

Weak eye muscles are the cause of eyestrain. Eye fatigue can occur by a gene, headache and blurred vision..

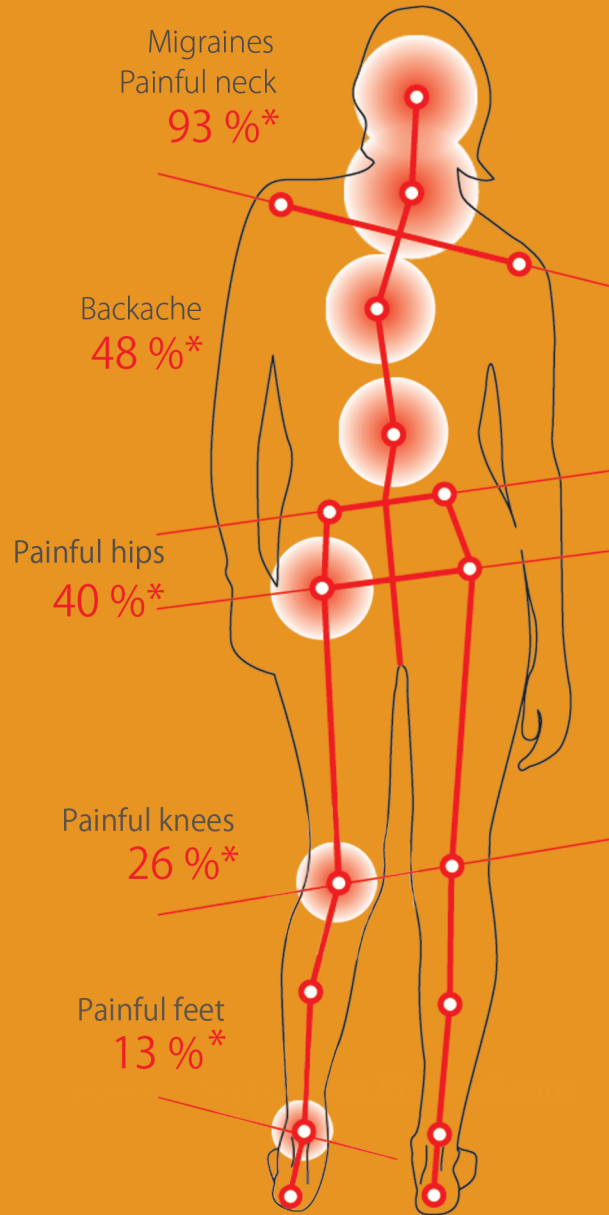
Certain precautions can mitigate this problem. To remedy this deficiency, the Kinépod laboratory created a rehabilitation board really easy to use.

This rehabilitation tool used by orthoptists has become an indispensable element to counteract eye problems of muscular origin. (In 80% of the population).

“Do not wait and help your eyes to get stronger”



If you are affected by any of these problems.....



*percentage of relief by area (source: kinépod patient)

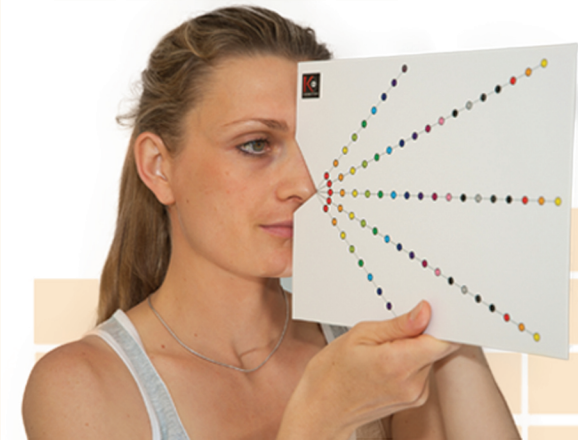
... relieve your pain with the active eye board right now

Why should you use the eye board?

The benefit of this board is to reeducate muscles and proprioception of your eyes. The proprioceptive system operates continuously to maintain our balance. This board is essential to correct orthoptic rehabilitation.

It is important to note that this board is also used to counter postural disorders due to palsy of your eyes. In fact, a deficiency of these can cause a bad head support and provoke, in down chain, a compensation that may create a disturbance of posture.

For this reason, it is necessary to strengthen the eye muscles to prevent or counter compensatory body aches.

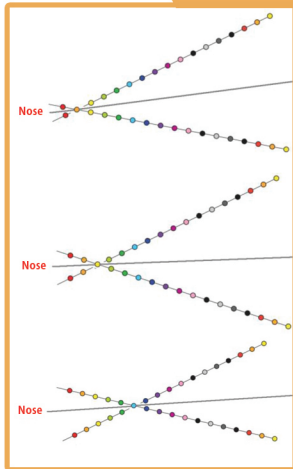
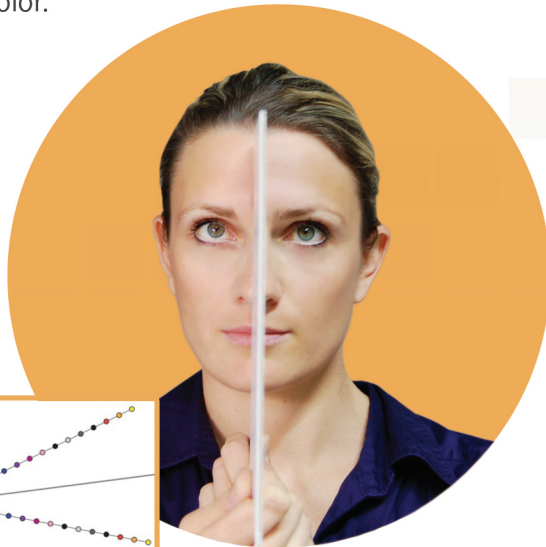


Principle

The use of the board is very simple. Simply place it face to your nose horizontally or vertically depending on the desired muscular work.

Then you have to:

- Visualize two lines that intersect at two points with the same color.

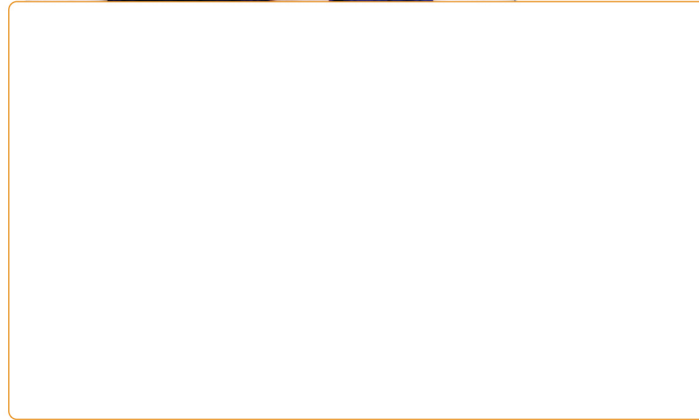


What you see while doing the exercise

- Try to move the intersection of these two lines on the other points, so then to work the convergence and divergence of the eye. For optimum efficiency, the work can be done up to 20 minutes per day.

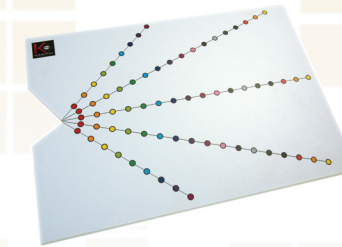
Objectives

- Fight against eyestrain <
- Strengthen the oculomotor muscles <
- Reeducate the coordination of oculomotor muscles <
- Improve oculomotor proprioception <



For more information: : www.kinepod.com

Tired eyes ?... Migraines ?...



- Preventive
- Rehabilitative
- Therapeutic
- Healing

Test the

Active Eye Board

Reduce fatigue by strengthening your eyes !



Innovation for
your health
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