

Ortho-Bionomy® Self-Care for Dry Eye Technique Review

This technique is designed for you to use to help relieve your symptoms of dry eye. This technique is not designed to replace the treatments prescribed by your doctor.

People often wonder if they can hurt themselves if they use this technique incorrectly. I have found that the technique is very simple and works with the body, even as we are learning how to use it.

Key things to remember about the dry eye technique:

- If the area hurts when you move into a position, move out of that position, and use a lighter touch.
- If you hold an area of the body for longer than your body wants to be held, it will move into a released position anyway. This may feel like something moving under your finger. You may also find yourself with a finger on tissue that is now feeling flatter rather than how it felt when you first moved into the preferred position.
- If you accidentally stretch the tissue instead of going into ease that is ok too. This would equate to a very small stretch of the tissues. They are made to stretch a little. If you find that this happens, release the hold, pause for a moment, and try again.

The Plus Sign

The basis of this self-care technique is an intrinsic muscular movement that I like to call the Plus Sign. This name comes from the use of two directions of movement that we can think of up or down and side to side.

You will use one or two fingers to gently move your muscles in one plane of movement, like up/down. This movement will only be a few millimeters in either direction. As you move up and down you will feel which direction of movement is easier. In Ortho-Bionomy, we call this the preferred position. Think of this as the opposite of stretching.

When you have found the preferred position, hold it for a count of 10. Once you have reached 10, gently move your finger back to the starting point.

Next, you will repeat this process using the side-to-side movements.

Remember:

- Only use your fingers.
- Use soft, gentle movements.
- Use light pressure.
- If your touch is causing pain, use a lighter touch and move away from the area of pain. This work is about working in comfort as much as possible.

How to Work Around the Eye

As you work around your eye you will be using that plus sign technique along the bones of the orbital socket. You will want to stay on these bony areas so that you are just working with the muscles and other soft tissues and not pushing into your eye area. (This is a great time to review the video if you need a reminder.)

Starting at the outer corner of your eye, use one finger to gently use the plus sign technique. You can begin by moving up and down. Remember, as you move to find the direction that your body moves most easily that you are making very small movements. Think in terms of millimeters. Feel free to close your eye if this is more comfortable for you. If you find yourself looking like you're making a silly face, you're moving too much.

Once you have found the preferred position, hold that for a count of 10. Release that spot and return your finger to where you started.

Place your finger where you began the plus sign. Move side to side to find the preferred position. Hold for 10 seconds then release. Pause a moment.

Move your finger up along the outside of your eye approximately a finger space.

Repeat the plus sign technique.

Continue working along the brow bone (for many, this means working in your eyebrow) to the side of the nose. Once you have reached the side of the nose, move back to the outer corner of the eye.

As you work under your eye, you will follow the bone along the undereye area. Think of this as the top of your cheek bone. Use the same process as above the eye, using the plus sign to work to the inner corner of the eye.

As you get to the inner corner of the eye, work along the side of the nose rather than closer to the eye. The muscle that we are working with also covers this area of the nose. Working along the nose will help prevent irritating the eye by putting your finger in it.

Rolling Technique

Starting at cheek bone, use the side of your finger to gently roll toward the eye. You can close your eye during this step. You will want to work across the whole area under the eye. Move along the cheek bone from the outside edge of the eye toward the nose. If you need clarification, please review the video. This will move oils in the glands onto the eye.

This is a technique that I learned from my eye doctor and modified using the principles of Ortho-Bionomy.

Repeat the whole process on the other eye.

You have now completed the dry eye technique!

Tracking

For the purpose of the study, we ask that you track how often you use this technique. You can find a tracking sheet on www.InnerInfinityHealing.com/DryEyeStudy

After two weeks you will be asked to fill out another survey to let us know how well this technique is working for you.

Thank you for participating in the Ortho-Bionomy Dry Eye Study.

If you have questions, you may contact us at