

Oculomotor Exercises, their Importance, and Effect on Postural Stability

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Abstract

Aim: Identifying the importance of oculomotor exercises and their impact on postural stability.

Methodology: To conduct this review which belongs to a narrative approach we included studies, which vary from the year 1978 to 2023. The initial search resulted in a large number of articles, which were screened based on their titles and abstracts. Full texts of selected articles were reviewed based on data to ensure relevance to our aim. The most special focus was given to articles that evidenced the role of visual training in postural stability. All studies were searched in trusted sources such as PubMed, Science Direct, MEDLINE, Web of Science, Google Scholar, Cochrane Library, PEDro, Wiley Library, and Oxford Academic. Inclusion criteria were all

articles focusing on the role of oculomotor exercises in postural stability. Exclusion criteria were all articles that focused only on improving oculomotor exercises in reading.

Results: Various oculomotor exercises, including saccades, smooth pursuit eye movement exercises, and eye fixations combined or not with balance exercises, contribute to the improvement of postural control, thus indicating a positive approach to rehabilitation, reducing the risk of falls or improving sports performances.

Conclusion: Visual training through oculomotor exercises helps increase postural stability and, therefore, prevent injuries. These exercises enable a strong connection and optimal integration between the visual, vestibular, and

proprioceptive systems.

Keywords: Oculomotor exercises, visual training, postural stability, visual system, balance