

Stereograms

The objective is to improve the eyes ability to work together as a pair.
Your orthoptist will advise you which method you should carry out.

Near Method

- Hold the card at arm's length and in the other hand hold a pencil approximately half way between you and the card at eye level.
- Focus on the tip of the pencil ensuring it is single.
- When focussing on the pencil you should be aware of a third figure in the middle.

Distance Method

- Hold the card at arm's length focus on an image in the distance over the top of the card
- You should be aware of a third figure in the middle

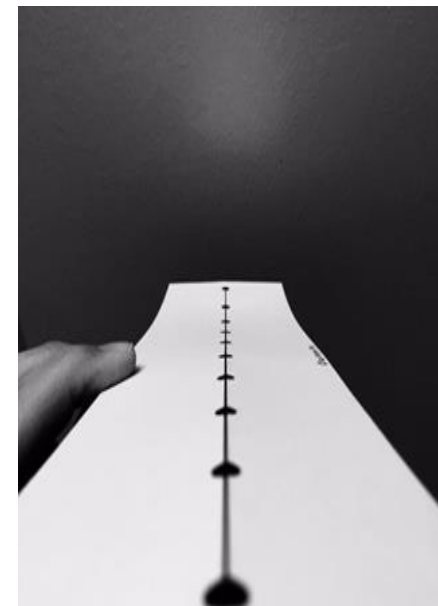


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Orthoptic Exercises

Information Leaflet



What is convergence?

Convergence is the ability to bring both your eyes in towards your nose at the same time.

Pen convergence

The object of the exercise is to be able to bring the pen as close to your nose as possible whilst maintaining one pen. This should improve your eye muscle control.

- Holding the pen at arm's length and in a slightly depressed position, focussing on the tip of the pen
- Bring the pen slowly towards your nose whilst keeping one single pen at all times
- When the pen becomes two, move the pen back slightly to achieve one image again
- Repeat the exercise

You should **relax** your eyes after **each exercise** by looking out of the window or towards the end of a room.

Why are they important?

A weakness of one or other may make reading uncomfortable. Symptoms you might experience include headache, sore eyes, blurring of print and double vision which might look like jumbling.

What is the treatment?

The orthoptist will advise some simple eye exercises that will strengthen your eyes and relieve your symptoms. They will advise you whether to wear glasses when carrying out your exercises and how many times a day you should do them.

Dot Card/Convergence



The object of the exercise is to maintain a single image of each dot on the card (or letter on the reverse of the card)

- Hold the card flat so that one end of the card is touching the end of your nose, holding the card in a slightly depressed position.
- Look at the furthest dot. If your eyes are converging correctly the viewed dot will be seen singly and the other dots will form an A shape
- Move your eyes to the next dot. This second dot should now appear single and the dots in front of this one and the dot behind this one will appear double and look like an X pattern
- Once the dot nearest your nose has been reached and held as a one single image, the other dots will appear double and will form a V pattern

