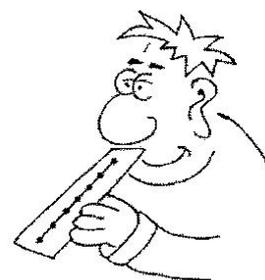


Orthoptic Exercises Dot Card

The aim of the exercise is to improve your ability to pull your eyes inwards towards each other by maintaining a single image of each dot on the card (or letter on the reverse of the card).

1. Hold the card lengthways so that it is touching the end of your nose with the line of dots in front of you.



2. Look at the furthest dot. If your eyes are converging correctly the viewed dot will be singular and the other dots will be seen in an A shape (see diagram 1)

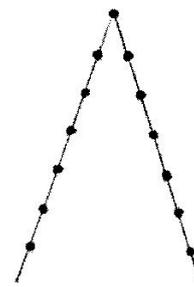


Diagram 1

3. Shift your eyes to the second dot. If the eyes are still converging correctly this second dot will now appear single and the other dots will be seen in an X shape (see diagram 2)

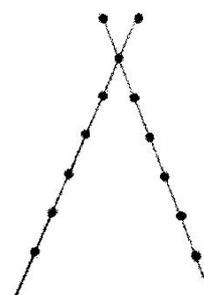


Diagram 2

Orthoptic Exercises Dot Card

- Each dot should be held as a single image for the count of 5 before moving to the next dot.
- If you are having difficulty forming a single dot or unable to hold a dot singular for the count of 5, move to the previous dot and try again. Extra dots can be added between the original dots on the card if necessary.
- Once the dot nearest your nose has been reached and held as a single image, the dots behind will appear double and will form a V shape (see diagram 3).



Diagram 3

The Orthoptist may ask you to repeat the exercise using the letters on the reverse of the card. The aim will be to keep each letter single and as clear as possible.

At the end of your exercise session it is **important to relax your eyes** by looking out of the window OR by closing your eyes for a minute.

The Orthoptist will advise you on how often you should perform the dot card.

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.