

Orthoptic Exercises Stereograms

1. Hold the card with the images facing you at arm's length at eye level.
2. In your other hand hold a pen midway between the card and your nose
3. Whilst looking at the pen you may be aware of both the images becoming double, therefore you might see 4 images (see diagram 1)

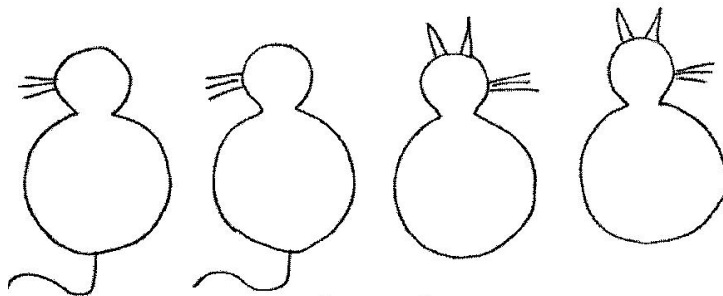


Diagram 1

4. Whilst continuing to look at the pen the 4 images should become 3 images, with the middle 2 images forming a complete cat (see diagram 2), or 3d buckets or ring cards.

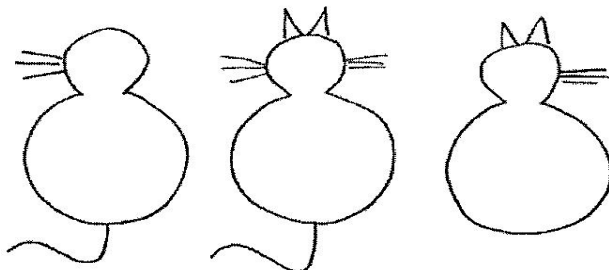


Diagram 2

5. Once the middle image is achieved, try to make it as clear as possible. In the case of the ring card, you should be able to read 1,2,3.
6. Repeat the exercise, this time looking at something at a further distance behind the card, whilst continuing to hold the card at arms length. Repeat steps 3-5 whilst looking at the distant target.

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.

Your Orthoptist will advise you on how often you should perform Stereogram exercises.

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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.