

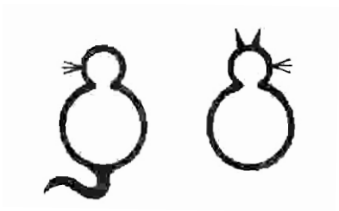
Stereogram exercises

Information and advice for patients

Orthoptics

What are stereogram exercises?

Stereogram exercises are exercises for your eyes that can help to improve the symptoms of convergence insufficiency. A stereogram is 2 incomplete images which can be joined into 1 complete image and vice versa. Your orthoptist will explain and demonstrate this exercise for you.



How to do the exercise

1. Hold the cat card at arm's length at the same level as your eye.
2. Then hold a pen half way between the card and your face.
3. Look at the top of the pen and concentrate on it. It should appear as a single image.
4. The cats behind the pen will then look like they are moving apart. The aim is for you to be able to see 3 cats behind the pen while still looking at the pen.
5. The 3 cats should look like this:



The middle cat should be complete. When you first start doing this exercise the middle cat might appear blurred, but if you keep doing this exercise the cat should become clear.

If you become very good at this exercise, you may be asked to do the exercise without using the pen. This means you will need to look at an imaginary point in front of the cat so you can see the complete cat.

After doing the exercises it is important that you relax your eyes by looking into the distance or by closing them for a minute or so. When you start this exercise you may feel increased eye strain and get headaches but try not to be put off.

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How often should I do the exercises?

These exercises should only be done for a few minutes at a time, but frequently throughout the day. The orthoptist will tell you how many weeks you should perform the exercises for as this can vary.

Other stereogram cards you might be given

Bucket: You do this in the same way as the cat stereogram, but the aim is for you to see the middle bucket as a 3D image, as if you are looking into the bucket.

ABC rings: This is another stereogram card, with a different image. Your orthoptist will demonstrate how to do this.

Further information

If you have any questions or concerns please contact your orthoptist for advice on 0121 507 3202

For more information about convergence insufficiency please see our 'Convergence Insufficiency' leaflet.

For more information about our hospitals and services please see:
www.swbh.nhs.uk

Sources used for the information in this leaflet

- 'Clinical Orthoptics', Fiona J. Rowe, 1997
- 'Diagnosis and management of ocular motility disorders', Alec Ansons and Helen Davis, 1986

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: swb-tr.swbh-gm-patient-information@nhs.net



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