

Convergence Insufficiency - The Dot Card

Keep your head straight, hold one end of the dot card lengthwise against the tip of your nose. Hold the card straight or angled slightly downwards in a position where you can see all the dots properly.

Look at the furthest dot and try to make your eyes see this as one by gently using the eye muscles to pull the eyes inwards. When you see this furthest dot singularly, all the other dots should appear double and they will fan outwards towards you. This is normal.

Once you are able to do this look at the next dot up the line closer to you and do the same. Make it single by gently pulling inwards with the eye muscles.

When this dot appears single all the other dots should appear double – making an X pattern crossing through the dot you are looking at. This is normal. Continue in the same way up the line of dots towards you making sure each one is single and holding each one for 10 seconds. If you cannot make a dot single go back to the previous dot and try again. The aim of the exercise is to be able to see the dot closest to your nose singularly and hold it for 10 seconds.

Exercises should only be done for 2-3 minutes, but frequently throughout the day (3/4 times).



Relaxation

It is extremely important to relax the eye muscles properly following exercising. This will avoid problems such as convergence spasm which can occur in very rare cases if some of the eye muscles do not relax sufficiently.

The eyes may feel uncomfortable following exercising and this is to be expected but too much exercising and/or not enough relaxation may make the eyes feel more uncomfortable than is necessary. 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.

If you have any further questions contact your Orthoptist for advice on

01484 343237 or 01422 222218

Do not practice for longer periods than advised by the Orthoptist and try to avoid exercising when your eyes are particularly tired or you are unwell.

After the exercises make sure you either close your eyes for one minute or look far into the distance (e.g. out of the window) for a few minutes before undertaking any other activity. Remember relaxation time is just as important as exercise time.

If you have any comments about this leaflet or the service you have received you can contact :

Orthoptist's Department

Calderdale Royal Hospital Telephone No: 01422 222218.

Huddersfield Royal Infirmary, Acre Mill Out-patients Telephone No: 01484 343237

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ طرزبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"