

Stereograms

Exercising Positive Relative Convergence (Decompensation Exophoria)

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

1. Hold the card with the images facing you at arms 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 on your stereogram card becoming double.

For example, if you have been given the cat stereogram you might see 4 images (Diagram 1)

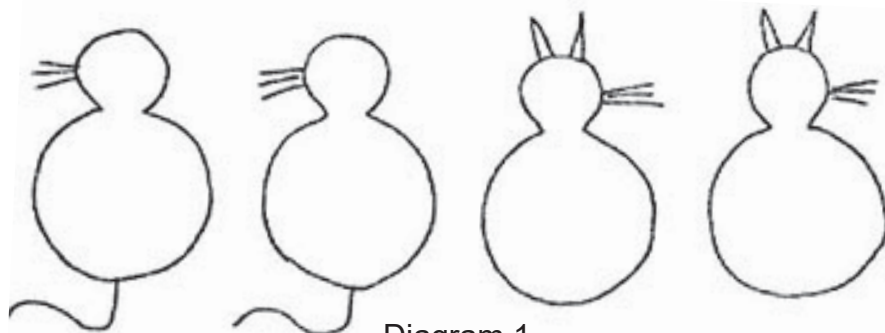


Diagram 1

4. Whilst continuing to look at the pen the 4 images should become 3 images, with the middle 2 images forming a complete image. Depending on the stereogram you have been given, this could be a cat (Diagram 2) 3D buckets or ring cards.

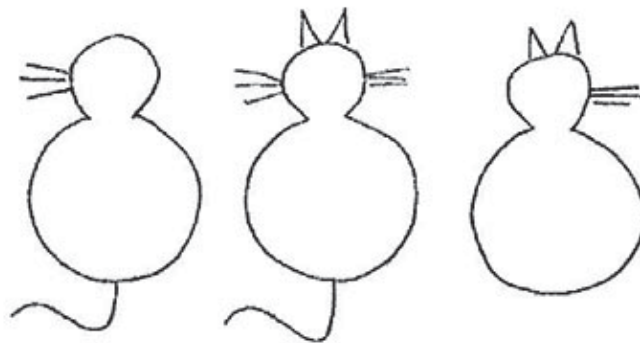


Diagram 2

5. Once the middle image is achieved, try to make it as clear as possible for at least 30 seconds. In the case of the ring card, you should be able to read 1,2,3.

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 several minutes. It is normal to have a mild frontal headache after exercising your eyes, this will resolve shortly after completing them.

If you have any further questions contact your Orthoptist for advice on 01484 343237 or 01422 222218.

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

ਜੇ 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 یا زبان 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"