Stereograms

Exercising Positive Relative Convergence (Decompensating 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 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)

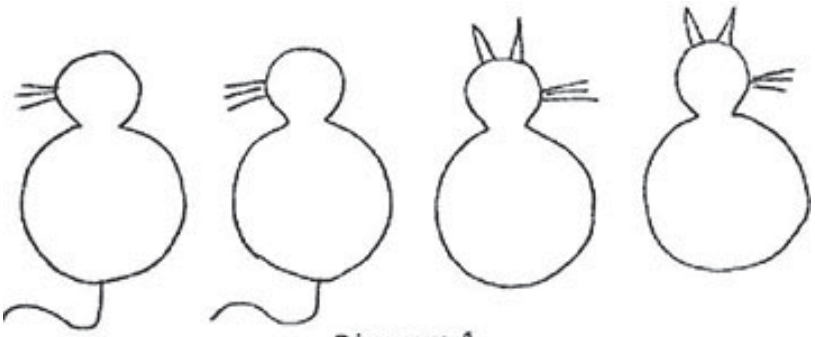


Diagram 1

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.

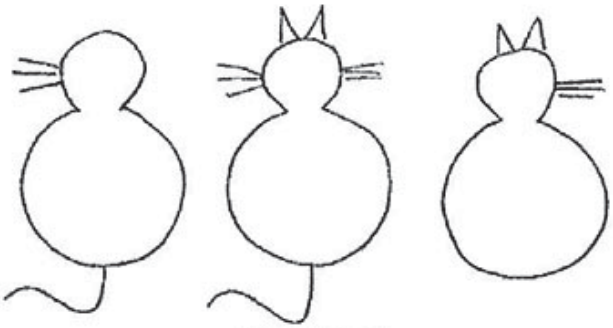


Diagram 2

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.

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 343237or 01422 222218.

compassionate care

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

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ 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"

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