

## Information for parents/guardians

# Orthoptic Exercises

## Why do I need to do eye exercises?

If you have a weakness in your eye muscles your Orthoptist may give you eye exercises to help strengthen them. You might be aware of:

- Eye strain
- Headaches especially around your forehead and eyes
- Difficulty with reading, computer, tablet, mobile phone
- Double vision (seeing two of things).
- Blurred Vision

## What type of eye exercises do I need to do?

There are different types of eye exercises depending on what eye problem you have.

Here are some instructions to help you.

## Smooth Convergence

This exercise is done with a pen or lollipop stick.

1. Keep your head straight and still.
2. Hold the pen or lollipop stick at arm's length.
3. Slowly move it towards your nose. Make sure it is clear and single at all times.
4. When you see double vision (two pens / lollipop sticks) stop moving it towards your nose.
5. Using your eye muscles force the two images together to make one. Keep both eyes open and focused on the image.
6. If you can make one image continue to move the pen/lollipop stick closer towards your nose, trying to keep it single at all times.
7. If you cannot make it one image, move the pen/lollipop stick a little further away and try again.
8. Your eyes may hurt, and it may feel worse to start with but this is normal. Keep trying.

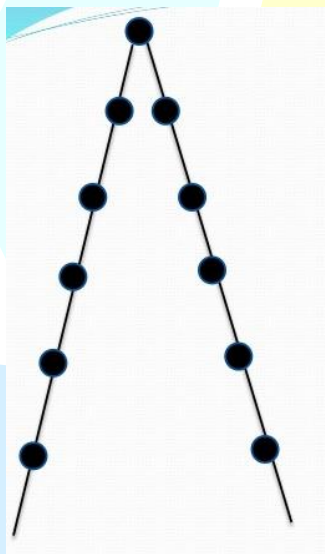
Try this exercise for \_\_\_\_\_ minutes at a time,  
\_\_\_\_\_ times per day.

**Relax your eyes afterwards**

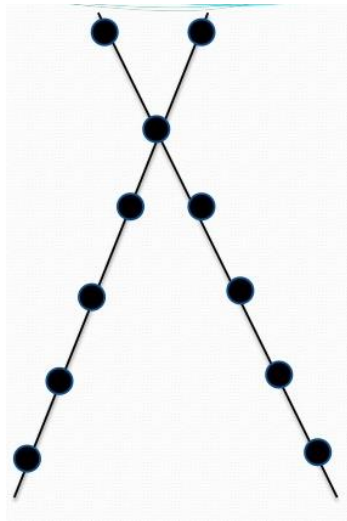
## Dot Card



1. Bend the card slightly so it forms a wide V shape. Hold one end of the card at the tip of your nose, pointing slightly downwards.
2. Look at the furthest dot and try to make your eyes see this as one dot.
3. Once you see this dot as one, the closer dots should appear double. It will look like an upside-down V.



4. Keep the furthest dot as one for a few seconds then look at the next dot.
5. Once you see the next dot as one, hold it for a few seconds.
6. Continue down the line of dots. Try to keep the dot you are looking at as one. It will now look like an X.



7. If you are not able to make the dot single go back to the previous dot and try again.

8. It might be difficult but keep practising.

Try this exercise for \_\_\_\_\_ minutes at a time,  
\_\_\_\_\_ times per day.

**Relax your eyes afterwards**

## Letter Card

1. Bend the card slightly so it forms a wide V shape. Hold one end of the card at the tip of your nose, pointing slightly downwards.
2. Look at the furthest letter and try to make your eyes see this as one and clear.
3. Once you see one clear letter, the closer letters should appear double. It will look like an upside-down V.
4. Keep the furthest letter as one for a few seconds then look at the next letter.
5. Once you see the next letter as one, hold it for a few seconds.
6. Continue down the line of letters. Try to keep the letter you are looking at as one.
7. If you are not able to make the letter single go back to the previous letter and try again.
8. It might be difficult but keep practising.

Try this exercise for \_\_\_\_\_ minutes at a time,  
\_\_\_\_\_ times per day.

**Relax your eyes afterwards**

## Stereograms

You will usually start with the simplest stereogram, which has two incomplete cats on it. You may move to more detailed cards once the cat card can be done



1. Hold the cat card at arm's length at eye level.
2. Then hold a pen halfway between the card and your face.
3. Look at the top of the pen. Try and keep it single.
4. Keep looking at the pen and slowly move it towards you. Do not look at the cat card. You will see double; therefore, you will see four incomplete cat images
5. Slowly move the pen towards you and the four images should turn into three. The middle image will appear complete (see below).



6. Once the middle image is complete try to make it as clear as possible.
7. If you become very good at this exercise, you may be asked to do the exercise without using the pen.
8. After doing the exercise it is very important to relax your eyes, by looking into the distance, or by closing your eyes for a minute or so.

Try this exercise for \_\_\_\_\_ minutes at a time,  
\_\_\_\_\_ times per day.

## Relax your eyes afterwards


### Relaxation

It is important to relax your eyes after doing the exercises to ensure the muscles are not over worked.

Relaxation can be as simple as closing your eyes for one or two minutes or looking into the distance.

Only do the exercises as you have been shown.

If you require any further information, please contact the orthoptic department on:

 **(0161) 701 4882** (Monday - Saturday, 8.00 am - 4.30 pm)

Please leave a message with your name and contact details if there is no answer and someone will call you back

 **mft.orthoptic.enquires@nhs.net**