

## Instructions for convergence exercises

### Stereograms

#### Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

The aim of the exercise is to achieve a stereoscopic (3D) image from the two images on the stereogram card.

1. Hold the card with the images facing you at arm's length at eye level.
2. Place a pen against the card between the two images.
3. Slowly move the pen towards you looking at the pen constantly. It is very important at this stage of the exercise NOT to look directly at the card or the exercise will not work – look continuously at the pen.
4. Whilst looking at the pen as you move it slowly towards your nose, you should be aware of both the images becoming double, therefore you should see 4 images. (Diagram 1)

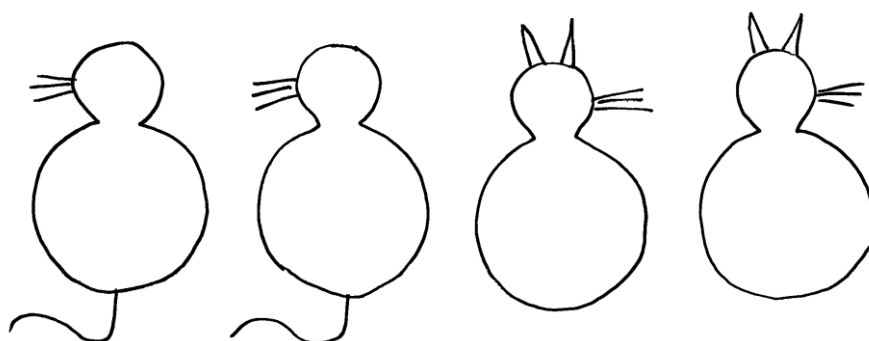


Diagram 1

5. Continue to slowly move the pen towards you and the 4 images should become 3 images with the middle image either appearing complete when using the cat card or becoming three dimensional when using the bucket card or ring card. (Diagram 2)

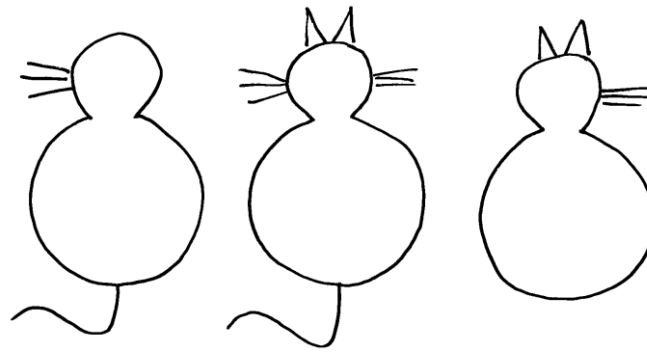


Diagram 2

6. 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 the numbers 1, 2, 3.
7. The Orthoptist may ask you to try to maintain the middle image whilst removing the pen.

Your Orthoptist will advise you on how often you should perform Sterograms exercises.

At the end of your exercise session it is important to relax your eyes by looking out of a window at a far away object OR by closing your eyes for a few minutes.

## Further information

Orthoptic Department  
Outpatients  
Level 2  
North Devon District Hospital  
Raleigh Park  
Barnstaple  
Devon  
EX31 4JB

### Useful website:

British and Irish Orthoptic Society  
[www.orthoptics.org.uk](http://www.orthoptics.org.uk)

Squint Clinic  
[www.squintclinic.com](http://www.squintclinic.com)

## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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