

# Instructions for improving eye control using a Fresnel prism bar

## Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

## What do they involve?

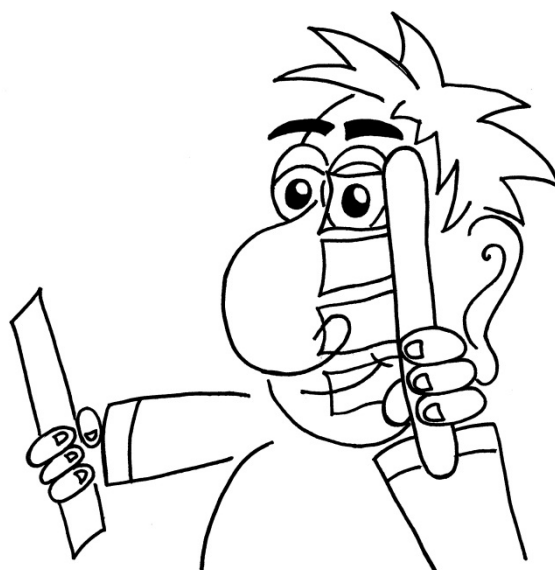
Your orthoptist has made you a homemade fusion bar with which to practice exercises to improve your eye control. This is because your eyes do not work together as a pair as well as they should. The label on the bar tells you which hand to hold it in.

Your orthoptist will also give you a stick with a picture on it to use as your “fixation target”.

The aim of the exercise is to maintain a single image of the fixation target.

## How to carry out the exercises

Hold the bar in one hand and place it in front of the same eye (as labelled by your orthoptist). Look through the first prism. Hold the fixation target in the other hand a third of a metre (about 12 inches) away, at eye level. Look with both eyes open at the target and maintain a single image. See drawing below.



Once you can do this, move the bar upwards so that you are now looking through the second prism. Aim to achieve a single image through this prism too.

If double vision occurs, aim to regain single vision. Repeat this move from the first to the second prism until you can maintain a single image easily. Then try looking through the third prism and repeat the above process. Continue practicing this, aiming to achieve a single image whilst looking through each of the prisms in turn.

If you are having trouble achieving single vision, move to the previous prism and try again.

The orthoptist will advise you on how often you should perform the fusion bar exercise.

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 close your eyes for a few minutes.

## Further information

Orthoptic Department  
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## 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 email [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

Royal Devon University Healthcare NHS Foundation 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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