

How to do Stereograms:

This leaflet is for patients who have been given exercises to strengthen their binocular vision

For these exercises your Orthoptist will provide you with a suitable stereogram card. This may have on it 2 cats or 2 buckets or 2 sets of interlocking rings.

Method:

- Hold the card at arm's length with one hand.
- Hold a pen with the other hand.
- Starting with the pen touching the card, move the pen towards your nose watching the tip all the time - converging (bringing both eyes in) on the pen.
- You will notice the pictures on the card start to become double - this is normal and exactly the result we are hoping for.
- Stop the pen in a position when the 2 centre pictures on the card appear to overlap.
- Hold that position and concentrate on the card without moving your eyes away from the pen (this would make the illusion disappear).
- The centre of the picture should start to move towards you in 3D.
- Relax and look into the distance or close your eyes for a minute.
- Repeat the exercise at least 2 to 3 times per day but for no longer than 3 to 4 minutes each practice session.



If you have any questions about your treatment, please ask your Orthoptist or contact us on the phone numbers below.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.

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