

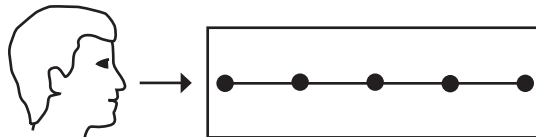
# Dot card exercise

Information and advice for patients

## Orthoptics

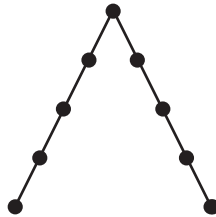
### What is the dot card exercise?

The dot card is an exercise for your eyes that can help to improve the symptoms of convergence insufficiency. Your orthoptist will explain and demonstrate this exercise for you.



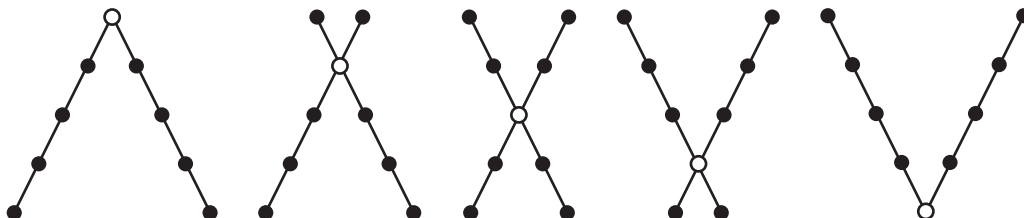
### How to do the exercise

1. Hold the dot card to the tip of your nose.
2. Look at the dot which is the furthest away. If this dot appears single, the rest of the dots will make an 'A' shape.



3. Then look at the next dot along and then each dot in turn.  
If the exercise is being done correctly then you should notice that the dot you are looking at appears single with the line above and beyond the dot appearing double. If you are unable to make the next dot single, re-focus on the dot and before it and then try again.

If you look at each dot in turn you will see the following shapes.



If you can't see these shapes e.g. if 1 line disappears, then tell your orthoptist and he/she will advise you.

The aim of this exercise is for you to be able to concentrate on the nearest dot (or one of the nearest dots) and for it to appear single, while you can also see the 'V' formation.

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After doing the exercises it is important that you relax your eyes by looking into the distance or by closing them for a minute or so. When you start this exercise, you may feel increased eye strain and get headaches, this is normal.

### How often should I do the exercises?

Your orthoptist will advise you when and how often you should do the exercises and they will arrange an appointment to monitor your progress.

### Contact details

If you have any questions or concerns please contact the orthoptic department on:

**Birmingham and Midland Eye Centre at City Hospital**

0121 507 6829

**Sandwell General Hospital**

0121 507 3202

### Further information

For more information about convergence insufficiency please see our 'Convergence insufficiency' leaflet.

For more information about our hospitals and services please see our websites [www.swbh.nhs.uk](http://www.swbh.nhs.uk), follow us on Twitter @SWBHnhs and like us on Facebook [www.facebook.com/SWBHnhs](https://www.facebook.com/SWBHnhs).

### Sources used for the information in this leaflet

- F Rowe, 'Clinical Orthoptics', 1997
- A Ansons, H Davis, 'Diagnosis and management of ocular motility disorders', 1986

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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