

# Stereogram exercises - distance position

Information and advice for patients

## Orthoptics

### What are stereogram exercises?

Stereogram exercises are eye exercises that can help to improve symptoms such as double vision and headaches caused when the two eyes are not working together correctly. A stereogram is 2 incomplete images which can be joined into 1 complete image. Your orthoptist will explain and demonstrate this exercise for you.

### Example of a stereogram

An example of a stereogram is shown here. There are others available including a snowman, a bucket and interlocking rings with letters. Your orthoptist will give you the most appropriate card.



### How to do the exercise

1. Hold a pen or other target at arm's length at eye level.
2. Then hold the stereogram between the pen and your face.
3. Look at the top of the pen and concentrate on it keeping it single.
4. The images on the card will then look like they are moving. Move the pen until you can see three images on the card like in the example below. It may be easier to look at an object further away such as a clock or picture on the wall. Initially you may see 4 images.
5. The middle image should be complete. When you first start doing this exercise the middle image might appear blurred, but if you keep doing this exercise the image should become clear.



After doing the exercise 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 and will improve as you practise the exercise.

### How often should I do the exercises?

The orthoptist will give you instructions as to how often the exercises should be done for each day and for how long.

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### 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

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### 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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