

How to do stereogram exercises (Near and distance)

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

This exercise helps to build up the reserves that pull your eyes either inwards or outwards depending on how you've been instructed to do them by your orthoptist.

For these exercises your orthoptist will provide you with a suitable stereogram card. This may have on it 2 cats, 2 buckets, or 2 sets of interlocking rings. No matter the images, they work in the same way.

What are stereograms?

Stereograms are eye exercises that can help to improve various symptoms like double vision and headaches which have arisen due to the eyes not working as a pair.

How do I carry out the stereogram exercises for near?

- 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'll 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

How do I carry out the stereogram exercises for distance?

- Hold the card at arm's length with one hand
- Look into the distance
- Imagine that you are looking through the card (or the orthoptist may have cut the centres out of the pictures)

- Move the card slowly towards you until you see the number of pictures on the card changing
- You will notice the pictures on the card start to become double - this is normal and exactly the result we are hoping for
- Stop moving the card when the 2 centre pictures on the card appear to overlap
- You should now see 3 pictures
- Hold that position and concentrate on the card whilst continuing to look into the distance (otherwise the illusion will disappear)
- Keep looking into the distance and make the pictures as clear as possible
- After 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

What can I do if I'm struggling?

If you have any questions about your treatment, please ask your Orthoptist or contact us directly on 01205 446474.

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