Convergence exercise Stereograms

The aim of the exercise is to achieve a stereoscopic (3D) image from the two images on the stereogram card.

1. Hold the card with the images facing you at arms length and at eye level.
2. Place a pen against the card between the two images.
3. Slowly move the pen towards you looking at the pen constantly. It is very important at this stage of the exercise NOT to look directly at the card, or the exercise will not work - Look continuously at the pen.
4. Whilst looking at the pen as you move it slowly towards your nose, you should be aware of both images becoming double. You should see four images.
5. Continue slowly moving the pen towards you, the four images should become three images with the middle image either appearing complete (when using the cat card), or becoming three dimensional (when using the bucket card or ring card).
6. Once the middle image is achieved, try to make it as clear as possible. In the case of the ring card, you should be able to read the numbers 1, 2, 3.
7. The orthoptist may ask you to try to maintain the middle image whilst removing the pen.

The orthoptist will advise you how often you should perform Stereogram exercises.

For further advice or information

Please contact your Orthoptist on 01872 253287 or

Email: rch-tr.rchtorthoptic@nhs.net

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If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

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