

Instructions for convergence exercises

Dot card

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at rduh.pals-northern@nhs.net.

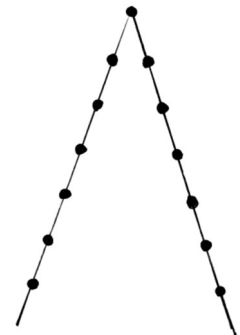
The aim of the exercise is to maintain a single image of each dot on the card (or letter on the reverse of the card).

1. Hold the card lengthways so that it is touching the tip of your nose with the line of dots in front of you.



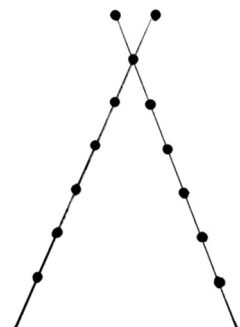
2. Look at the furthest dot. If your eyes are converging correctly the viewed dot will be seen singly and the other dots will be seen to form an A shape – see diagram 1.

Diagram 1



3. Shift your eyes to the second dot. If the eyes are still converging correctly this second dot will now appear single and the dots in front of this one and the dot behind this one will appear double and the line will now look like an X pattern – see diagram 2.

Diagram 2



- Each dot should be held as a single image for the count of 5 before moving to the next dot.
- If you are having trouble getting the dot you are looking at single, move to the previous dot and try again. Extra dots may be added with a pencil halfway between each original dot on the card if required.

- Once the dot nearest your nose has been reached and held as a single image, the dots behind will appear double and will form a V pattern – see diagram 3. You have successfully completed the exercise.



Diagram 3

- Sometimes the Orthoptist will tell you to move your eyes back along the line of dots to the one that you started with.
- The Orthoptist may ask you to repeat this exercise using the letters on the reverse of the card. The aim will be to keep each letter single and as clear as possible.

The Orthoptist will advise you on how often you should perform the Dot Card.

At the end of your exercise session it is important to relax your eyes by looking out of a window at a far away object OR by closing your eyes for a few minutes.

Further information

Orthoptic Department
Outpatients
Level 2
North Devon District Hospital
Raleigh Park
Barnstaple
Devon
EX31 4JB

Useful website:

British and Irish Orthoptic Society
www.orthoptics.org.uk

Squint Clinic
www.squintclinic.com

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email rduh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

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