



Understanding stereograms

This leaflet explains how to carry out some eye exercises to help with eye strain and double vision. If you have any further questions or concerns, please do not hesitate to call +91 9630832212, and leave a message on our answer phone.

What are stereogram exercises?

Stereogram exercises can help to improve the symptoms of convergence insufficiency (a condition where your eyes struggle to work together as a pair for close viewing). A stereogram consists of two incomplete images which can be joined together to form one complete image, and vice versa. Your Orthoptist (a health professional trained in visual development, eye position and eye movement) will explain and demonstrate this exercise for you.

Stereogram cards (cat)

- Hold the card at arm's length at the same level as your eyes
- Place a pen just in front of the card between the 3 cats; 2 with a tail and left whiskers, and one with ears and right whiskers. Slowly move the pen towards you, concentrating on the tip of the pen, which should always appear as a single image.
- Be aware of the cats in the background, but do not look directly at them. You should notice that the cats are becoming double (4 cats) As you bring the pen closer, the 2 middle cats in the background will merge and you will see 3 cats. The centre cat should be complete with ears, tail and both sets of whiskers.
- Try to hold the 3 cats steady and make them as clear as possible (not everyone manages this). Eventually you may be able to take the pen away and still continue to see 3 cats.

Other stereogram cards you might be given include the Bucket and ABC rings.

