

# Orthoptic exercises FAQ

**This leaflet addresses the frequently asked questions (FAQ) regarding orthoptic exercises. If you have any further questions or concerns, please do not hesitate to call 020 7188 4299, and leave a message on our answer phone.**

If you are experiencing difficulties with controlling your eyes and how they work together as a pair, orthoptic exercises may be helpful. The exercises can help your eyes line up better and focus more quickly, which can help to alleviate headaches, blurred vision, double vision, and symptoms of eye strain.

Sometimes exercises are given after eye surgery. The Orthoptist (a health professional trained in visual development and eye movement) will advise which exercise is most appropriate, and will oversee any courses of treatment given. You will be seen regularly to monitor the success of treatment.

## Should exercises make my eyes feel like they are pulling?

It is common, particularly when exercises are first started, for the eyes to feel like they are 'pulling', and symptoms may even seem worse. This is because the exercises make the eye muscles work harder than normal. This feeling often lessens as the eye muscles strengthen.

## How often should I do the exercises?

Little and often!

Aim to do your exercises in one-minute sessions and spread them out through the day, making sure that you rest your eyes for a few minutes after each one. You can rest your eyes by closing them or looking into the distance or out of a window.

## How long will it take for my eyes to feel better?

The Orthoptist will monitor your progress and change your exercise regime if necessary. Most people notice a significant improvement within six to eight weeks, although this often depends on how hard you work!

## Useful sources of information

[www.squintclinic.com](http://www.squintclinic.com) – the videos are very helpful  
[www.orthoptics.org.uk](http://www.orthoptics.org.uk)

## Contact us

If you have any questions or concerns please contact the **Orthoptic department on 020 7188 4299**, and leave a message on our answer phone. We aim to get back to you within three working days. (Monday-Friday 9am to 5pm).

## Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm **email** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk). To make a complaint contact the resolution department **phone** 020 7188 3514 **email** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch, **phone** 020 7188 8815 **email** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **phone** 111 **web** [www.111.nhs.uk](http://www.111.nhs.uk)

## NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing, **web** [www.nhs.uk](http://www.nhs.uk)

## Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch, **phone** 0800 731 0319 **email** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) **web** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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