

Understanding stereograms

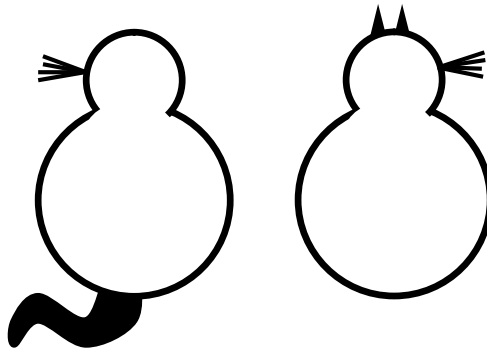
This leaflet explains how to carry out some eye exercises to help with eye strain and double vision. If you have any further questions or concerns, please do not hesitate to call 020 7188 4299, and leave a message on our answer phone.

What are stereogram exercises?

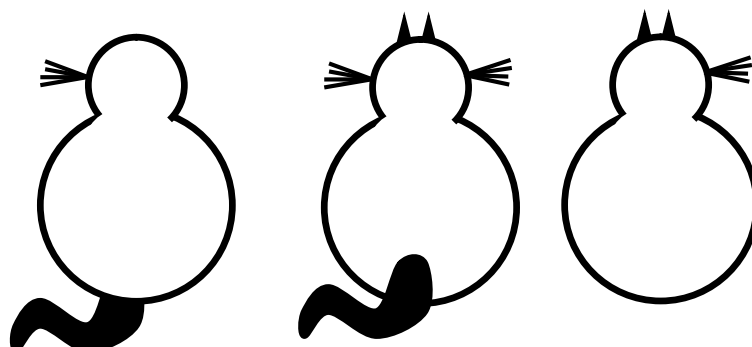
Stereogram exercises can help to improve the symptoms of convergence insufficiency (a condition where your eyes struggle to work together as a pair for close viewing). A stereogram consists of two incomplete images which can be joined together to form one complete image, and vice versa. Your Orthoptist (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 two cats; one 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 (i.e. four cats)
- As you bring the pen closer, the two middle cats in the background will merge and you will see three cats. The centre cat should be complete with ears, tail and both sets of whiskers.



- Try to hold the three 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 three cats.

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

Useful sources of information

www.squintclinic.com – the videos are very helpful

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

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. To make a complaint contact the resolution department **phone** 020 7188 3514 **email** 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

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

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

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A list of sources is available on request



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