

- 4 Each dot should be held as a single image for the count of 5 before moving to the next dot**
- 5 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**
- 6 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.**
- 7 Sometimes the Orthoptist will tell you to move your eyes back along the line of dots to the one that you started with**
- 8 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 Assessment it is important to discuss with the Orthoptist which form of convergence exercise is most suitable for you.

