



Diagram 2

- 6 Once the middle image is achieved, try to make it as clear as possible. In the case of the ring card, you should be able to read the numbers 1, 2, 3**
- 7 The Orthoptist may ask you to try to maintain the middle image whilst removing the pen**

Your Orthoptist will advise you on how often you should perform Stereograms exercises.

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 rdh.pals-northern@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

