



Maidstone and  
Tunbridge Wells  
NHS Trust

# Convergence insufficiency - Stereogram exercise

**Information for patients and parents/carers**

**Maidstone, Medway and Tunbridge Wells**

**Orthoptic Clinics: ☎ 01622 226236**

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## Convergence insufficiency

Convergence is the ability to bring both eyes in towards your nose at the same time. Reduced convergence (convergence insufficiency) can cause symptoms such as headaches, reading problems and double vision. There are exercises available from your Orthoptist to strengthen the muscles which pull the eyes in.

The following exercise will strengthen the muscles which pull the eyes in, by improving the way you use your eyes together. Your Orthoptist will monitor your progress every few weeks.

1. Hold the card with the two cats at arm's length – one cat has a tail and one has whiskers
  2. Hold a pen in front of the card roughly half way between your eyes and the card and focus on the top of the pen
  3. Keep looking at the pen and behind the pen, you should notice four cats, two with the tail and two with the whiskers.
  4. Move the pen slowly towards you, focussing on the pen and the two middle cats will get closer and overlap so you see three cats. One with the tail, one with the whiskers and one in the middle with both the tail and the whiskers. Focus hard on the pen to make the middle cat as clear as possible
  5. You may see the middle cat with the tail and whiskers, but it keeps disappearing. Try to keep it visible/steady by refocusing on the pen for ten seconds
  6. If you only see two cats check you are looking at the pen and not the card
  7. Don't give up; this exercise takes practise
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### **REPEAT**

Do the exercise 3 times each day for a few minutes OR as advised by the Orthoptist. The aim is to do it little and often.

Once you can do the cat stereograms easily, there are more difficult stereograms which your orthoptist will prescribe as necessary.

### **THE GOAL**

To see the third middle cat with tail and whiskers and keep it steady, clear and single.

### **REMEMBER**

To close your eyes for a few seconds to rest them after doing this exercise to prevent headaches and eye strain.


**Please use this space for your notes.**



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## Further information and advice can be obtained from:

**NHS 111**  
**NHS Choices online**

 **111**  
[www.nhs.uk](http://www.nhs.uk)

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**Telephone:** ☎ 01622 224960 or ☎ 01892 632953

**Email:** [mtw-tr.palsoffice@nhs.net](mailto:mtw-tr.palsoffice@nhs.net)

**or visit their office** at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

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