

Further information

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**Mersey and West Lancashire
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Orthoptic exercises accommodative insufficiency

Patient information leaflet

If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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What is accommodative insufficiency?

Accommodative insufficiency occurs when the eyes struggle to focus when viewing a small detailed target up close, for instance ,small print in a book.

What symptoms do these conditions cause?

Typical symptoms include headaches, reading difficulties, eye strain, double vision or blurred vision when changing focus from distance to near targets.

What treatment is available?

Normally, eye exercises will be recommended. These exercises can be practiced at home. If exercises are carried out regularly, symptoms should improve quickly over a few weeks. It is important to note that sometimes symptoms may get worse before they start to improve.

The orthoptist will advise on which exercises are required. They will also advise how long and how often to do the exercises. You may also be booked in for a glasses test for further investigation as in some cases reading glasses may help.

[illegible]

Tips for success

- Some cross-eyed feeling or slight discomfort is normal.
- Move your focus slowly to prevent eye strain.
- Follow your orthoptist's advice on practice frequency and duration.
- Always relax your eyes afterward by closing them or looking into the distance.
- Keep practice sessions short.
- Do not exercise when tired or unwell.

Dot card exercises

Aim

The aim of this exercise is to keep all the letters on the card single and clear to your nose

How to perform the exercises

1. Use the reverse side of the dot card with the letters on. Hold the card lengthways, with the letters visible touching the tip of your nose. Angle the card slightly down. Keep your head straight.
2. Start by focusing on the furthest letter and ensure this is a single clear letter. Hold for a count of 10. Other letters may appear double, this is normal.
3. Move to the next letter, pull your eyes inward to make it single and try to keep the letter clear. Continue this process along the letters toward your nose, holding each single and clear for 10 seconds.

What to do if it goes double or blurry

If the letter you are looking at goes double or blurry, try to focus to make it single and clear. If you are unable to do so, move back to the previous letter to ensure this is clear. Hold for 10 seconds before trying again.

Purpose

This exercise helps improve your eyes ability to focus when switching from a distance and near target.

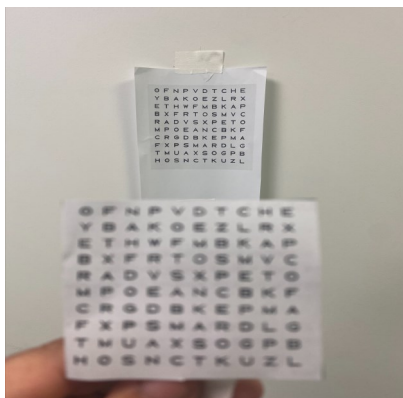
Equipment needed

- Two hart charts (one large, one small)
- Tape to fix the large chart to the wall
- A patch to cover one eye

Setting up

Large chart: tape the large chart to a wall at eye level in good lighting. Step back as far away as possible from the big chart (at distance where you can still see the letters).

Small chart: attach the small chart to a piece of card. Hold the small chart as close as possible to your eyes, but still be able to just focus on the letters.



How to preform the exercise

1. Cover one eye with a patch. You can begin with either eye.
2. Hold the small chart as close as possible to your eye (usually about 25cm) where you can just focus on the letters. In some cases, you may need to hold it slightly further away using both hands to see it clearly.
3. Be aware of both charts at the same time. When you focus on the small chart, the large chart will appear blurry, and when you focus on the large chart, the small chart will appear blurry. (please refer to the pictures on the left).
4. Read four letters from the large chart. Then shift your focus and read four letters from the small chart. Switch back to the large chart and read another four letters.
5. Continue reading four letters at a time, alternating between the charts and moving down through the lines until you have completed both charts. When switching between charts, the letters may appear blurry before becoming clear - give your eyes time to adjust.
6. Change the patch to cover the other eye and repeat the exercise.