

Prism Bar Exercises

These exercises are prescribed to help the two eyes work together as a pair to maintain comfortable single vision. The aim of these is to prevent a squint developing.

- Place the prism bar over the left or right eye with the nose side to the nose (which eye will have been advised by your Orthoptist).
- This exercises can be carried out by looking at both a near or distance object (*you will have been advised by your Orthoptist in regards to whether you should be carrying it out at near, distance or both*). Do ensure both eyes are open for both methods.

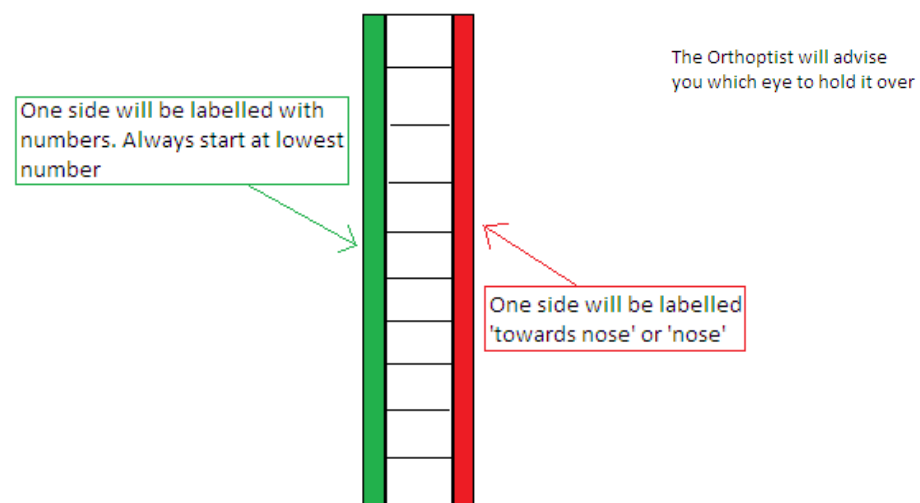
Near method:

- Starting with the smallest numbered prism, with both eyes open, look at an object/picture at arms length and make sure that it is single and clear.
- Gradually move the bar up prism by prism, keeping the object/picture single and clear. When the image begins to split into two, try to make it single again. If it blurs try and make it clear. This can sometimes be achieved by blinking.

If the picture remains as two, return to the previous prism and when the image is single try to gradually increase the prism again.

Distance method:

- Repeat the same procedure as above but instead focus on an object/picture at 6 metres.



Note:

- The frequency of how often per day you should carry this out will be advised by your Orthoptist. Do not exceed a maximum of 2-3 minutes per time you do the exercise.
- You may find your eyes feel tired or uncomfortable after doing the exercises. Close your eyes for a few minutes after doing the exercises to relax them
- Keep a note of the strongest prism you can maintain single vision with once a week so you can monitor progress

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