

Prism fusion range Exercises

Information for Patients



You have been given exercises to improve your prism fusion range. This is the ability for you to maintain single vision, even if one of the images is being moved. A reduced prism fusion range can cause double vision and headaches.

You have been prescribed exercises times a day for minutes at a time.

1. You will have been given a homemade prism bar and instructed which way it should be held.
2. Hold the prism bar as you have been directed.
3. Hold your target at approximately 33cm (12in) if you are exercising your near fusion range. Look at a target of 6m (20ft) away if you are exercising your distance fusion range.
4. Move the prism bar so you are looking through the first prism. Keep the target single and hold for 5 seconds.
5. Move along the prism bar, maintaining single vision for 5 seconds on each prism.
6. When the target goes double, try to join the images. This is the key to improving your prism fusion range and the area of the prism bar you need to concentrate on.
7. Repeat steps 5-6 until you can no longer achieve single vision.
8. Repeat steps 4-7 for the prescribed length of time.
9. Relax your eyes by looking in to the distance or closing your eyes for a minute.

Orthoptic Department

Leighton Hospital, Middlewich Road, Crewe, Cheshire

Tel: 01270 612437

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.