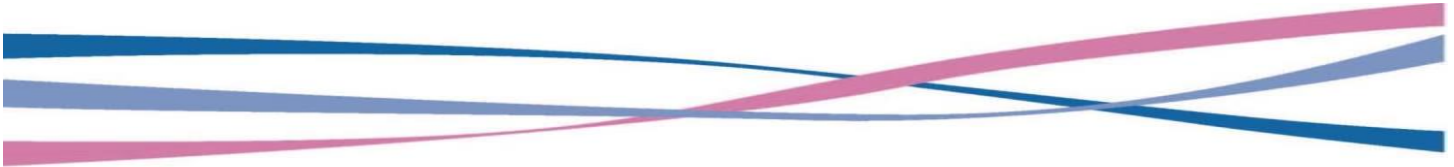


Accommodation Exercises

Information for Patients



You have been prescribed exercises to improve your accommodation, which is the focussing ability of your eyes. Reduced accommodation causes blurred vision at near.

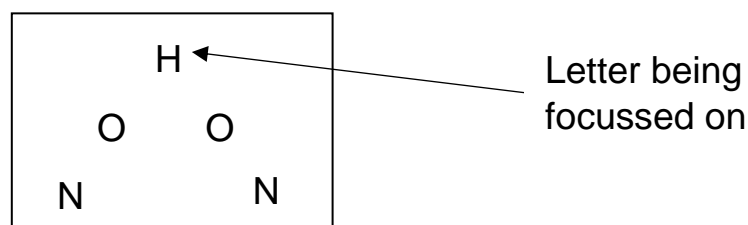
You have been prescribed exercises times per day for minutes at a time or repetitions.

Target to nose accommodation

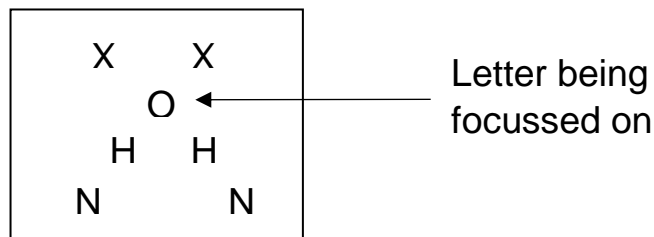
1. You will need a stick with a letter or detailed sticker on it to use as a target.
2. Hold your target at arm's length and focus on it. You need to ensure you keep it as clear as possible.
3. Gradually bring the target towards you, keeping it clear all the time.
4. When the target goes blurry, stop moving it and try to make it clear at that distance. This is the key to improving your accommodation and the area you need to practise the exercises in most. If you can make the target clear again, continue moving closer until it goes blurry again.
5. Repeat steps 2-4, exercising until you get to the point where you can no longer make the target clear.
6. Repeat steps 2-5 for the prescribed amount of time/number of reps.
7. After exercising, relax your eyes by looking into the distance or closing your eyes for a minute.

Reverse dot card

1. Hold the dot card at the end of your nose so you are looking at the letters with the narrow end of the card touching your nose.
2. Focus on the letter furthest away from you and make it clear and single. You will see that the other letters are double, getting closer together with the only single letter being the one you are looking at.



3. Move on to the next letter and again make sure it is clear. You will now see that the rest of the letters in front and behind are double with the only single letter being the one you are looking at.



4. Keep moving along the letters, keeping each letter clear for 5 seconds. The closer you get to your nose, the harder it will be to maintain a clear image. These are the letters you need to work on most to improve your accommodation. Repeat for the length of time or number of repetitions prescribed. You are aiming to keep the image clear as close to your nose as possible.
Accommodation naturally reduces with age therefore you will not be able to keep a clear image close to you forever.
5. After exercising, relax your eyes by looking into the distance or closing your eyes for a minute.
6. When you become good at doing the exercise, you can make it harder by jumping between letters that are not next to each other in a random order.

Jump accommodation

Jump accommodation can be done either using the reverse dot card (letters side) or your target used in target to nose. This sheet will describe jump accommodation using the reverse dot card.

1. Start by focussing on a target in the distance (approximately 6m/20ft).
2. Switch focus from the distance target to the furthest letter away from you on the reverse dot card and achieve a clear image as quickly as possible and hold for 5 seconds.
3. Focus back onto your distance target.
4. Switch focus back to the reverse dot card but use the next letter along and achieve and maintain a clear image for 5 seconds. Repeat steps 3 and 4 until you are either at the letter closest to your nose or you cannot get any closer. Complete the exercise for the prescribed amount of time or number of repetitions.
5. After exercising, 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.