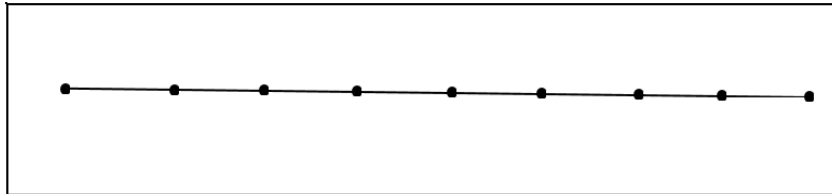


# Dot Card Exercise

**Purpose:** To improve your ability to bring both eyes in together (ie. Convergence) for near work.



1. Place the dot card tilted slightly below eye level, with the start of the dot at your nose.
2. Start from the furthest dot, ensuring it is single and clear. The rest of the dots will appear double, and it'll appear as "Inverted V". (Figure 1)

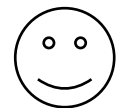
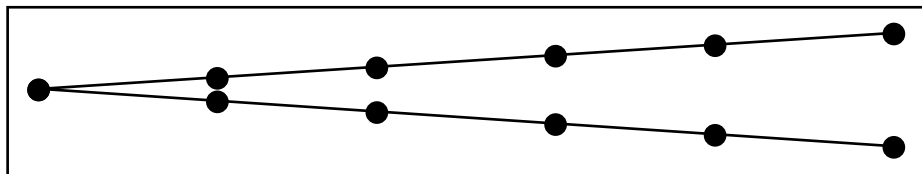


Figure 1

3. Slowly move down the line, from the furthest dot to the closest dot to the nose. Ensure that each dot you are focusing on is single. It'll appear as "X". (Figure 2)

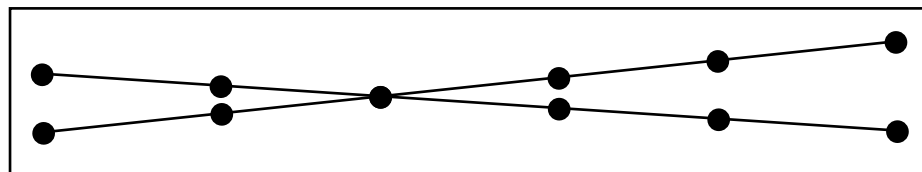


Figure 2

4. When you struggle to keep the next closest dot single and clear, try to blink and close your eyes to refocus. If it remains double, move back to the last dot you can keep single at.
5. Hold focus at this dot for 10 seconds.
6. Either close your eyes or look far away for 5-10 seconds, and start from the furthest dot again.
7. Repeat steps 2 to 6.

**Frequency:** Perform for 10 to 15 minutes a day. This can be broken up into 2 or 3 sessions.

**At the end of your exercise session it is important to relax your eyes by looking out of a window at a faraway object OR by closing your eyes for a few minutes. Do not proceed to do near work immediately.**