

# Flipper Exercise

**Purpose:** To be able to make the text clear with each side of the lenses by either relaxing or focusing your eyes. This trains your ability to change focus from distance to near.

1. Wearing your prescribed glasses where necessary, hold your reading material (e.g. newspaper or magazine) at reading distance. Ensure that you keep the reading material at the same distance.
2. The plus lenses relax your focus, while the minus lenses make you focus. The strength of the flipper you've received is dependent on your focusing needs.



3. While looking through the plus lenses of the flippers, try to make the text clear.
4. Once the text is clear, turn the flippers over so you are now looking through the minus lenses.
5. While looking through the minus lenses of the flippers, try to make the text clear.
6. Once the text is clear, repeat the process (Steps 3-5).

**Frequency:** Please follow your Orthoptist's advice.

**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.**