

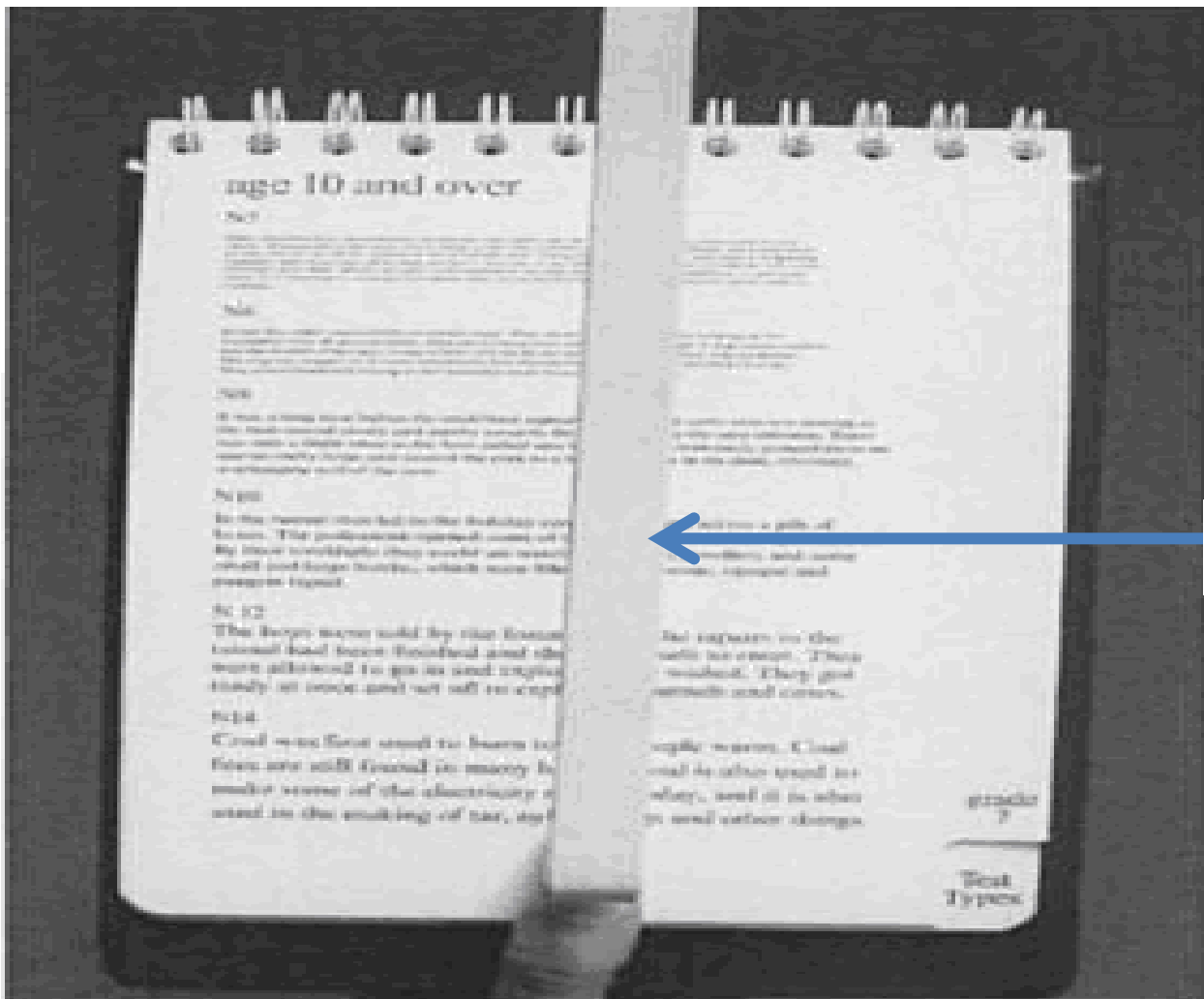
Ophthalmology Department Bar Reading Instructions Information for young people

Aim

The aim of this exercise is to improve the ability to use your two eyes as a pair, and to focus whilst controlling the position of your eyes.

Step 1

- Hold the book approximately 1/3m (33cm) in a slightly depressed (lower than usual) reading position.
- The bar must be held vertically against the bottom of the page in a central position.



A photograph showing the bar on a page

- Your Orthoptist will advise you of the size of print to begin with.

Step 2

- Read the print normally ensuring both of your eyes are open and try to ignore the bar.
- It is important to keep your head very still and upright so that you do not look around the bar.
- If your two eyes are working together as a pair the bar will not impair your reading. You will be aware of two bars or bar splitting to enable you to read.

Step 3

- Move the bar to each new page of print.
- Once you have finished your exercise you **must** relax your eyes. This can be done by closing your eyes or looking into the distance for a couple of minutes.
- Your Orthoptist will advise you on how often and for how long you should do this exercise.

Tips

- We advise that you perform this exercise supervised by an adult. This is to make sure that you keep both eyes open and do not move your head.
- If you are finding this exercise difficult use a larger print.
- Remember this is an exercise and you need to keep trying to do it.

This leaflet only gives general information. You must always discuss your treatment with the appropriate member of staff. Do not rely on this leaflet alone for information about your treatment. This information can be made available in other languages and formats if requested.

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