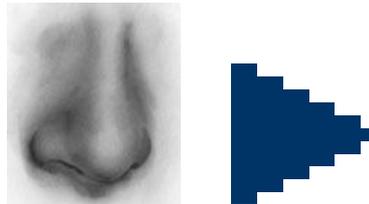


USING COLOURED PRISMS

The first rule to remember with the prisms is that they bend light from the 'thick' side to the 'thin' side. As you are trying to teach your eyes to turn outwards, you need to remember to keep the thick side of the prism towards your nose.



The goal in using prisms is to make you initially see two targets and then you have to make them come together so that you can see only one target. **If one target disappears instead of merging together with the other target then you have not done the exercise properly.**

Firstly, hold the prism between your index finger and your thumb. Hold the prism with the thick side towards your nose. Move the prism in front of your right eye. You should now see two targets. Depending on the colour of your prism, one target will be either red or green. The other target will be seen as normal. (Note; do not use a target the same colour as the prism.)

You now have to bring the two targets together to make just one target.

When the target is single, take the prism away from your eye and repeat the exercise. Do this three to five times in front of the same eye.

Now change to the other eye, remembering to keep the thick side of the prism towards your nose. Do this three to five times in front of this eye.

Repeat this changing between eyes for six sets per eye, **AND TRY TO DO EACH SET QUICKER. DON'T PULL THE PRISM AWAY BEFORE YOU ONLY SEE ONE TARGET.**

Give yourself a break of two to five minutes, and repeat the above steps.

To make these exercises more difficult you can use a larger prism, use a smaller target, stand or sit further away from the target or use another target that is further away.