

How to do **GREEN/CLEAR** BASE IN Prism Eye Exercises

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 times in front of the same eye.

Now change to the other eye, remembering to keep the thick side of the prism towards the **NOSE**.

Do this three times in front of this eye.

Repeat this changing between eyes for six sets per eye.

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

In total, you should aim to do 15 minutes of exercises per day.

To make these exercises more difficult you need to look at targets that are **SMALLER** and/or **FURTHER AWAY**. For example, you may start with a tablespoon, and then to make it harder you can move onto a teaspoon. Once you have mastered the teaspoon, you can use a lightswitch as a target and position yourself 1m away then progressively increase the distance to make the exercise harder.

Keep advancing the exercise to improve your eyes. These steps and examples should all have been demonstrated to you or will be demonstrated to you at your next consultation.

If you have any questions, please contact us on **3210 1822**.