



Optical instruments

Lecture 6- Vision Therapy

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Binocular vision

it keeps our eyes aligned and in sync. Whenever we are focussing on a particular object or following a target in our sight, our brains fuse the images for each eye together, so that we constantly perceive one image.

A good binocular system also allows us to see the world in 3D.

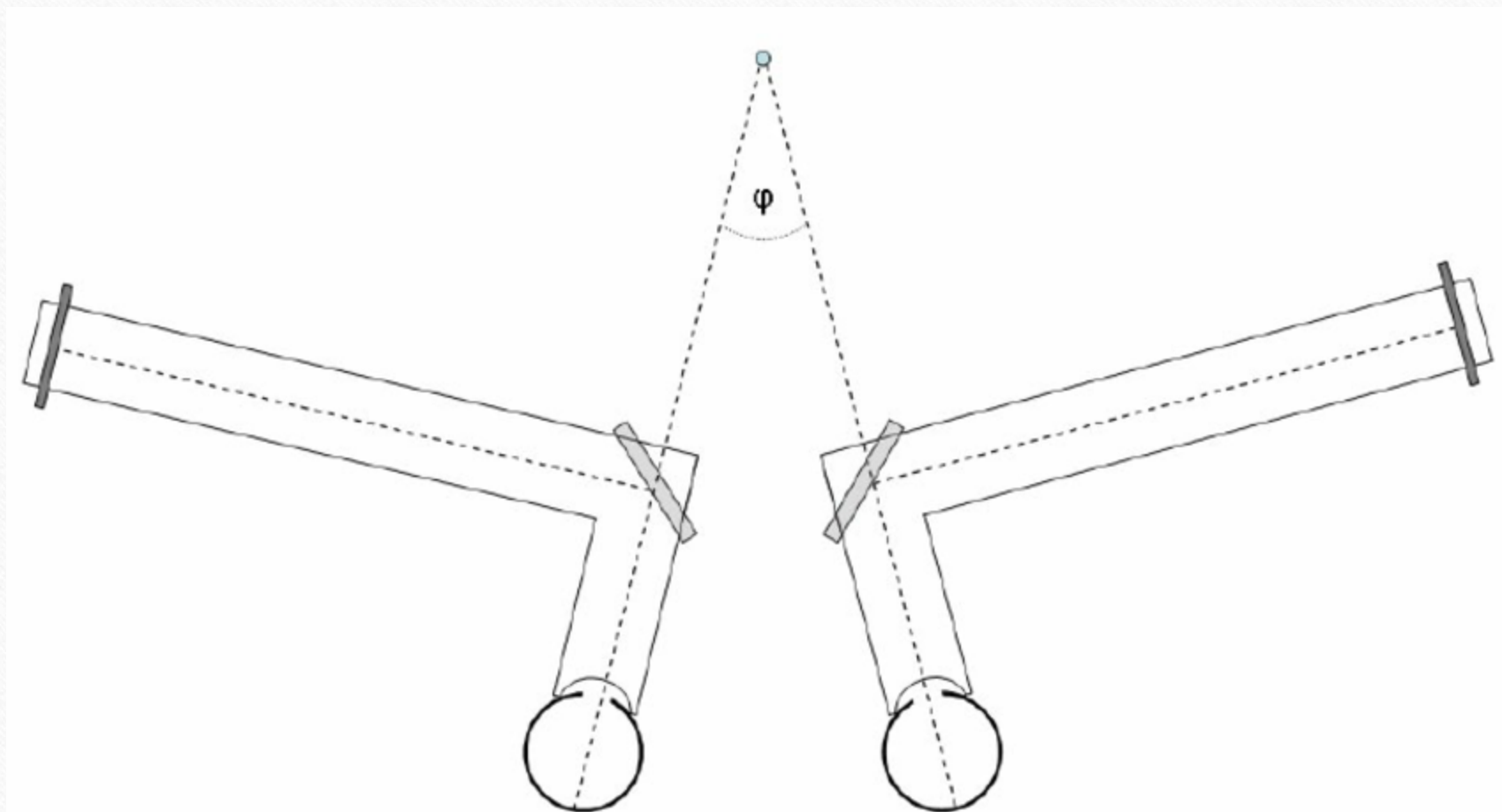
Haploscope

Is an orthoptical device used to present a specific picture to each eye and have been employed for more than 70 years for binocular training (investigation of Binocular Vision)

Consist of

It consists of two arms that can be turned around their vertical axes. Different pictures can be displayed for both eyes via mirrors.

While a person fuses both images the angle between the arms of the haploscope can be varied as desired.



Vision Therapy

It is a non-invasive method, popularly used by many optometrists to manage different eye conditions.

This technique involves exercises that can help improve the working relationship between the neurological and visual systems.

Pencil Push-Up Therapy

This eye exercise aims to correct binocular visual disorders like strabismus.

To start the therapy hold a pencil at arm's length.

Draw the pencil towards the nose while keeping a clear focus. Repeat the exercise when the pencil begins to appear as a double image.

Do the exercise several times per day.

Vision Rest

Individuals who spend lengthy periods focusing on computer screens should follow the 20/20/20 rule. This suggests resting your eyes after 20 minutes of computer use for at least 20 seconds while looking at an object that's 20 feet away