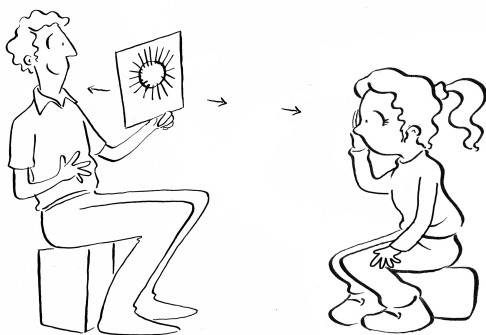
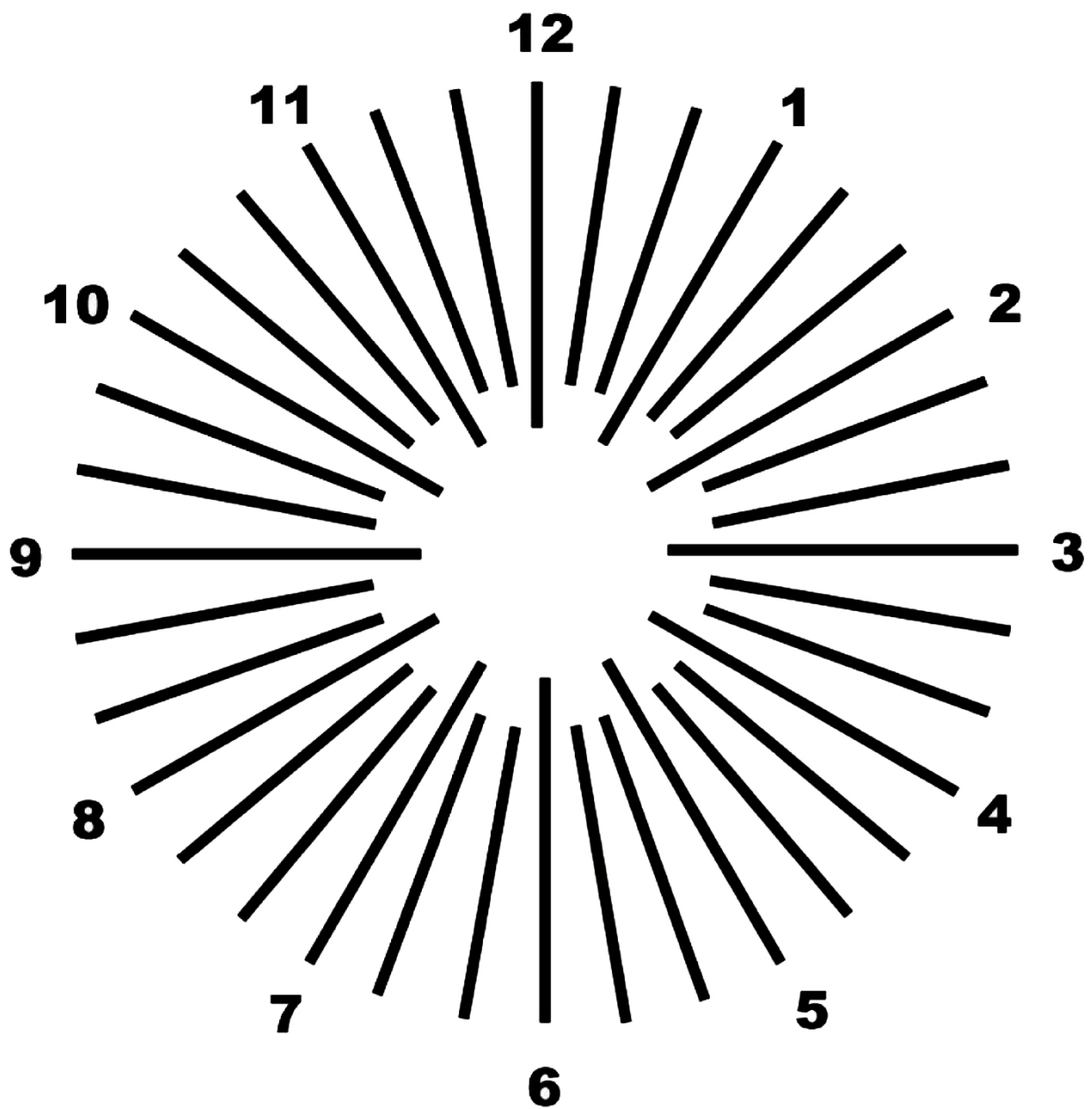


Print on the back of the clown image. Use the guide lines to move the light.



Test one eye at a time. Move the chart from close up to as far away as the child can see clearly.

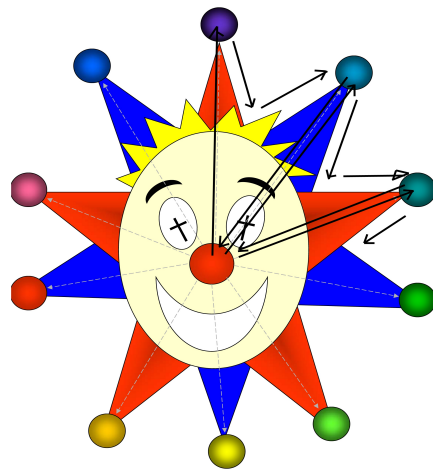
If the child report lines to be blacker and thicker, shadows or part of the circle to be gray.

Then the child has astigmatism.

The clown exercise is designed to release tension held in your eye muscles. The exercise is done in two stages. First do one round clock-wise, then briefly palm your eyes and then do one round counter-clock-wise.

1. Place your nose about 3 cm from the clown's nose. The picture will be too close to see clearly. The purpose is to move your eye muscles.
  2. Follow the broken line from the clown's red nose straight up until you can see the circle on top.
  3. To move from one circle to another, follow the outer perimeter.
  4. Next follow the broken line in to look at the clown's red nose and then back out.
- Continue moving in and out and stepping from one circle to another all the way around.
- Then palm your eyes for one minute.
1. Do the same exercise counter-clock-wise.
  2. Finally check the astigmatic mirror and notice if there is any difference.

With small children you can use a pen with a light from behind the graphic. Glue a wine cork on the nose of the clown so you just have to hold it to the child's nose. Move the light in the same pattern the child has to do the exercise. In this case all the child has to do is to follow the light around. It's more fun and simple for mom to do.



How to move the eyes.