

Convergence Exercises

Information for Patients



You have been prescribed exercises to improve your convergence. Convergence is the ability to keep both eyes looking at a target as it moves closer to your nose (going “cross eyed”). Reduced convergence usually causes double vision, headaches and eye strain when reading or doing near activities.

You have been prescribed exercises times per day for minutes at a time or repetitions.

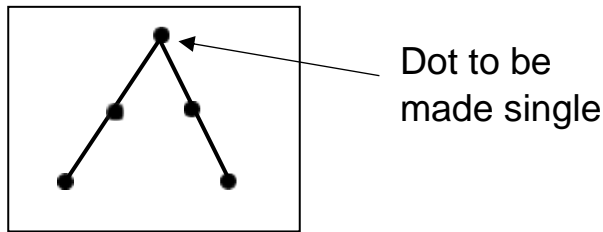
Pen to nose convergence

1. Hold a pen or a stick with a small sticker/ letter on at arm’s length and focus on it.
2. Ensure the target is single, and then gradually bring the target towards your nose, keeping the target single all the time*.
3. When the target goes double, stop moving it closer and work on achieving single vision at that distance. This is the key to improving your convergence and the area you need to practise the exercises in most. If you achieve single vision again, move the target closer again until it goes double.
4. Repeat steps 2 and 3, exercising until you get to the point where you can no longer achieve single vision or you can reach your nose.
5. Repeat steps 1-4 for the amount of time/number of reps you have been prescribed.
6. After exercising relax your eyes by either looking into the distance or closing your eyes for a minute.

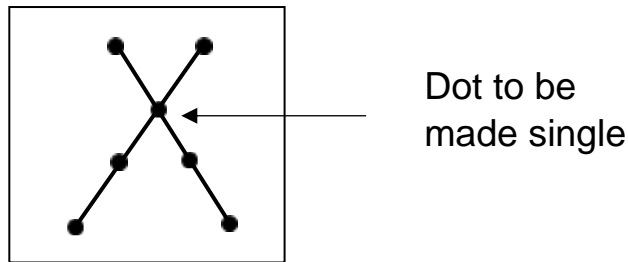
* If you are unable to achieve single vision with the target at arm’s length, you will need to use a spot on the wall at eye level and gradually walk towards it at the beginning of your treatment.

Dot card convergence

1. Hold the dot card at the end of your nose so you are looking at the dots with the narrow side touching your nose.
2. Focus on the dot furthest from you and try and make it single. You should see that the line and other dots are double and the two lines join at the dot you are focussed on. Hold it single for 5 seconds.



3. Move onto the next dot and again make it single. You will now see that the rest of the dots and line are making a cross and the dot you are looking at is the centre of the cross.



4. Keep moving along the dots holding each dot single for 5 seconds. The closer you get to your nose the harder it will be to achieve and maintain single vision. These are the dots you need to work on most to improve your convergence. Repeat for the length of time or number of repetitions prescribed. You are aiming to get the dot closest to your nose single if possible.
5. After exercising, relax your eyes by looking into the distance or closing your eyes for a minute.
6. Once you become good at the dot card exercise, you can increase the difficulty by jumping between dots that are not next to each other in a random order.

These exercises are used once your convergence has started to improve or in milder cases of convergence weakness.

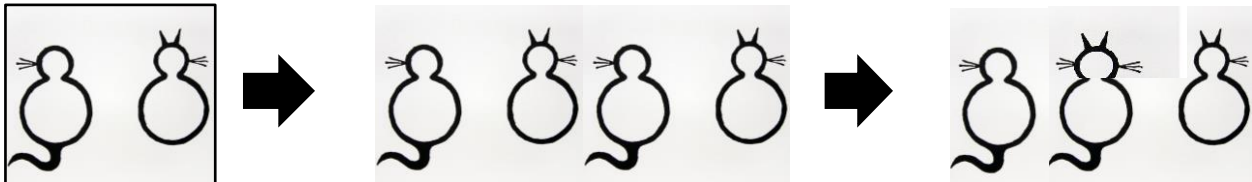
Jump convergence

Jump convergence can be done either using the dot card or your target used in pen to nose exercises. This sheet will describe jump convergence using the dot card.

1. Start by focussing on a target in the distance (approximately 6m/20ft).
2. Switch focus from the distance target to the furthest dot away from you on the dot card and achieve single vision as quickly as possible and hold for 5 seconds.
3. Focus back onto your distance target.
4. Switch focus back to the dot card but use the next dot along and achieve and maintain single vision for 5 seconds. Repeat steps 3 and 4 until you are either at the dot closest to your nose or you cannot get any closer. Repeat the exercise for the prescribed amount of time or number of repetitions.
5. After exercising, relax your eyes by looking in the distance or closing your eyes for a minute.

Stereograms

1. Hold the cat stereogram at arm's length and eye level. Hold a pencil in your other hand level with your elbow.
2. Focus on the pencil and be aware of the cats in the background. Don't look at the cats – this is the difficult bit!
3. You should see the 2 cats on the card split into 4. The middle 2 should then merge together.



4. The aim is for you to see 3 cats, with the middle one having both whiskers a tail and ears.
5. You should try and keep the middle cat stable and as clear as possible. The more you practise, the quicker you will achieve a complete cat.
6. There are 2 other stereograms, the bucket and ABC circles. They are performed in the same way as the cat but are a little harder, so it is best to concentrate on the cat at first.
7. Once you have achieved the stable middle image of the bucket and ABC circles you will appreciate a 3D effect.

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