

At the end of your exercise it important to relax the muscles you have been working. Close your eyes or look in the distance for a moment or two.

This table may help you to remember to practice:

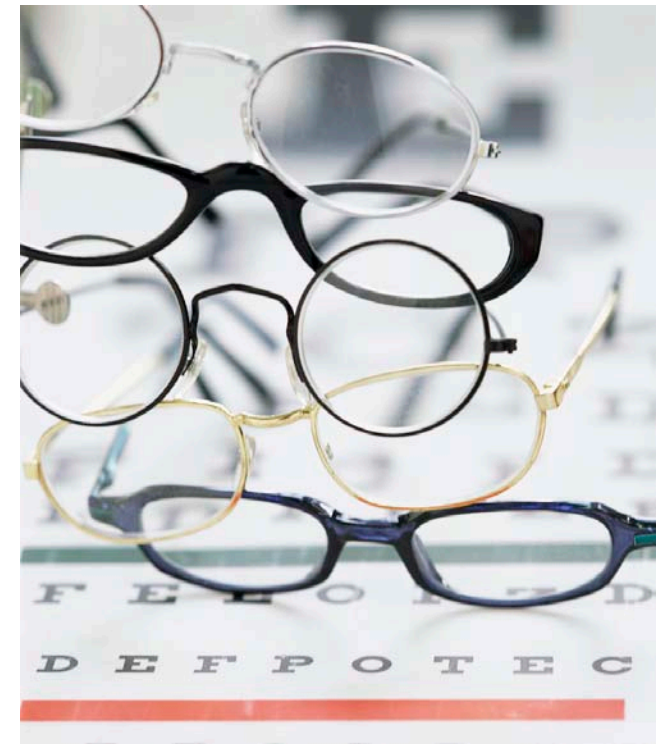
| Day | Time | |
|-----------|------|--|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

If you have any further questions or require advice, please call:

01225824614

(Please leave a message and we will ring you back).

RUH Convergence exercises



Orthoptic Department B29
Royal United Hospital Bath
Combe Park
Bath
BA1 3NG

Tel 01225 824614

Convergence is the ability to direct both eyes at a near object as it approaches.

Convergence exercises

Some people who have symptoms of blurred vision, headaches, jumbling of print and double vision, especially associated with near tasks, may be found to have reduced convergence.

Good convergence is important when performing near tasks such as reading.

Where convergence is found to be reduced, it can be improved by a number of exercises.

You may be asked to do one or more of these exercises:

- Smooth convergence
- Dot card convergence
- Jump convergence
- Voluntary convergence.

Please practice these exercises as your Orthoptist has advised.

Remembering to do the exercise is often more difficult than the exercise

themselves. Find ways of reminding yourself.

Smooth convergence

Choose a detailed target or you may be asked to use a pen. Hold the target at arm's length in front of you in the middle at eye level. Slowly move the target towards your nose. When you see two images, convergence has failed. Hold your hand still at this point and try very hard to regain single vision by pulling your eyes in. If you can achieve this, move further in towards your nose.

The aim is to keep the target as one for as long as possible. A normal near point of convergence allows the object to be kept single to 10cm or nearer.

Dot card convergence

A dot card can be used to practice convergence. The card should be held at the tip of the nose. Look at the last dot on the card (furthest from the nose) and try to make it single (all the other dots that you're not fixing on will be double images).

Move inwards along the card towards your nose trying to make each dot single. Continue down the card until you are unable to pull the images into one.

Jump convergence

Look at a near target then a distance one. Repeat this process looking at near and distance quickly. Hold the near target initially at approximately 20cm and aim to keep all images clear until the near image is 10cm away.

Voluntary convergence

When convergence has improved, we may ask you to try this, convergence without the aid of a near target.

You can do this by following a near target in towards your nose and when the target is removed, try to keep your eyes in a convergent position i.e. cross your eyes.

The aim is to be able to converge without a target as a stimulus.