

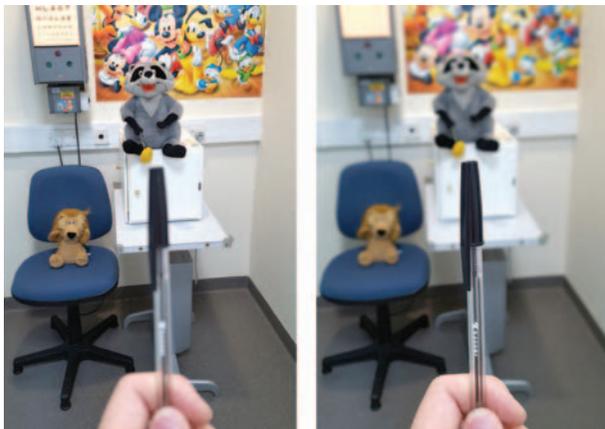
Jump Convergence

How to do it:

- Begin by looking into the distance whilst holding a pen in one hand
- Bring the pen into your line of sight at about arm's length
- Re-focus your eyes onto the pen, "jumping" from distance to near
- Look at the pen for a few seconds and keep it single, before looking back into the distance again
- Repeat the exercise. Each time bring the pen in a little closer towards you before looking at it and trying to make it single.

Overall aim:

To be able to change focusing distances more quickly whilst maintaining single vision.



Dot Card

How to do it:

- Hold the card so that one end is touching the end of your nose. Point the card downwards slightly
- Look at the furthest dot, making sure you see it single and clear
- Now look at the next dot closer to you, keep that dot single
- You will notice the dots in front and behind the one you are looking at going double. This is normal.

Overall aim:

Continue to do this until you can focus on the dot closest to your nose and keep it single.



Alternative formats can be available on request. Email: sth.alternativeformats@nhs.net

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Exercises for convergence insufficiency

 **Information for patients**
Ophthalmology (Orthoptics)



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What is convergence insufficiency?

Convergence is the ability to bring both of your eyes in towards your nose at the same time. An insufficiency or weakness of convergence is when you cannot control this ability well enough to maintain comfortable near vision.

What are the symptoms?

A weakness of convergence may make reading uncomfortable. Symptoms you might experience include:

- headache
- blurred vision
- aching around the eyes, commonly referred to as 'eye strain'
- double vision for close distance

Is there a cause?

Often there is no specific cause for developing a weakness of convergence. Patients commonly report first noticing symptoms after a change in job requiring lots of reading, extended or intense periods of study or using a computer, times of increased stress or working too hard.

Sometimes convergence insufficiency can occur as part of certain pre-existing general health conditions. A weakness can also be made worse by a poorly controlled squint (strabismus).

What is the treatment?

The orthoptist will advise simple exercises that help to improve your convergence ability.

It is very important that you put effort into doing the exercises so that you get the most benefit.

They will become easier over time, so try to challenge yourself to make progress at each attempt.

How often do I need to do the exercises?

Frequent short sessions are the best way to approach treatment so you do not get too tired or worsen your symptoms. Usually 3 to 4 times daily for a maximum of 2 minutes at a time.

Following the session it is important to relax by looking into the distance or closing your eyes.

What should I do if I have a problem?

Please contact the Orthoptic Department if you have questions or a problem with the exercises.

Our telephone number is: **0114 271 3021**

Pen-to-nose Convergence

How to do it:

- Holding a pen at arm's length in a slightly lower position, focus on the tip of the pen
- Bring the pen slowly towards your nose whilst keeping the pen single at all times
- When the pen splits into two, stop and try to make it single again
- If you are unable to make the pen single, move it back slightly to achieve one image again
- Repeat the exercise

Overall aim:

To be able to bring the pen close to your nose comfortably without seeing two pens.

Try to get a little closer with each attempt.

