



CONVERGENCE EXERCISES

These exercises are designed to help control an outward turning eye (or divergent strabismus).

It is important that you ALWAYS relax your eyes after performing these exercises by simply looking out the window or the end of the room at a distant object.

Pen Push-ups

Hold a pen (or your index finger) at arm's length in front of you, directly in line with your eyes. Look at the tip of the pen. Slowly move the pen toward you until you notice they double (two pens). Stop. Try to focus your eyes to bring the pen back to appear as a single pen. If you can make the pen appear as a single pen, slowly move the pen closer until it becomes double gain. Stop.

Repeat until you are unable to make the pen single. Stop. Take the pen back out to arm's length.

Repeat from start.

Jump Exercises

Hold a pen (or your index finger) at arm's length in front of you, directly in line with your eyes. Look at the tip of the pen. Slowly move the pen toward you until you notice the pen becomes double (two pens). Stop. Move the pen slightly away from you until it becomes single. Stop.

Jump your eyes to look at an object in the distance (for example on the wall at the end of the room), then jump your eyes back to the tip of the pen. Make sure the pen appears single.

Repeat.

Beads on a Thread

What you will need: Wool (approximately 30cm)
5 beads

How to make the "Beads on a Thread":

Thread one bead at a time onto the wool. Knot each bead at approximately 5cm apart.

How to do the eye exercise using the Beads on a Thread:

Hold the wool out from your nose directly in front at eye height. Look at the bead furthest away with both eyes. Make sure the bead you are looking at is singular (one bead). If the bead appears double (two beads), try to focus your eyes to make the bead single. If you can make the bead singular, move your eyes to the next closest bead.

Repeat, continuing to look at the closest bead you are able until you are unable to make the bead singular.

Repeat from the furthest bead.