

Orthoptic Exercises Jump Convergence

The aim of the exercise is to practice changing direction of your eyes from a near target to a distance target.

The Orthoptist will provide you with an appropriate target to use for this exercise or will tell you to use a pen/pencil.

1. Focus your eyes on the near target at arm length and slightly below eye-level. The target should be seen as a single image and you should count to three.



2. Change focus of your eyes to the distance target, which should be seen singly and again count to three.
3. Whilst focussing on the distance target bring the near target slightly closer towards you, keeping it slightly below eye-level.
4. Change focus back to the near target, making sure it is seen singly, and again count to three. Repeat from step 2.
5. If at any point on moving the near target closer you cannot achieve a single image and it appears 'double', try to focus hard and get a single image and repeat from step 2.
6. If a single image can still not be achieved move the near target back to a position where a single image can be achieved and repeat from step 2.
7. You have completed the exercise successfully when you can change the focus of your eyes from the distant target to the near target, when the near target is seen singly at the end of your nose.
8. This may take a number of exercise sessions to achieve

At the end of your exercise session it is **important that you relax your eyes** by looking out of the window OR by closing your eyes for a minute.

The Orthoptist will advise you on how often you should perform the exercise.

Orthoptic Exercises

Jump Convergence

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.