

Orthoptic Exercises

Smooth convergence

Aim:

The aim of the exercise is to practice pulling your eyes inwards towards your nose. This is done by watching a target whilst moving it towards your nose and maintaining a continuous single image with ease.

1. Hold target/pen at arms length from face and slightly below eye level.
2. Bring the target slowly towards your eyes watching the target carefully and continuously.



CORRECT
EYE POSITION



INCORRECT
EYE POSITION

3. When/if the target appears 'double', stop moving the target. Focus hard on the target and try to regain a single image.
4. If this is achieved repeat from step 2.
5. If a single image cannot be achieved move the target backwards slowly until a single image is achieved once more. Repeat from step 2.
6. Effective convergence has been achieved once the nose can be touched with the target and a single image can be comfortably maintained.

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

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

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.