

#### **Patient and Carer Information**

# 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

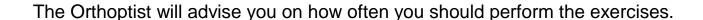
- 3. When/if the target appears 'double', stop moving the target. Focus hard on the target and try to regain a single image.
- 4. If this is achieved repeat from step 2.
- 5. If a single image cannot be achieved move the target backwards slowly until a single image is achieved once more. Repeat from 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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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.