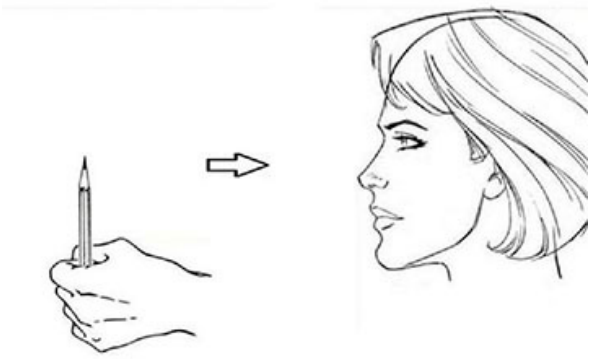
Convergence using a pen

With your head straight, start with the pen at arm's length, straight ahead and at eye-level or slightly below eye-level. Focus on the tip of the pen and make sure it is single and clear. Move the pen slowly towards your nose making sure that the pen stays single for as long as possible.



If the pen goes double (i.e. you see 2 pens) stop moving the pen immediately but continue to look at it and use your eye muscles to "pull" the images together to make one pen again.

Do not do this by closing one eye, by blinking or by looking away from the pen, as this will not exercise the muscles. The sensation you will feel is one of going cross – eyed; do not worry, this is normal and is necessary to achieve results. If you can make the stationery pen single again by pulling your eyes in then start to slowly move the pen towards you until it doubles up again. Repeat the process of stopping, trying to use your eyes to make the pen single again and then proceeding as before.

If you can only move the pen in towards your nose so far before it goes double, and if you are unable to make it single again despite trying hard to do so, try taking the pen back a short distance (2 or 3cm) away from the nose and try again. Do not go right back to the beginning each time the pen doubles up. You need to work hard around the area where the pen starts to go double – this will improve your convergence insufficiency. If whilst doing this exercise you happen to notice that you can see double of other objects in front of or behind the pen, do not worry, this is a normal.

Exercises should only be done for 2-3 minutes, but frequently throughout the day (3/4 times).

compassionate care

Relaxation

It is extremely important to relax the eye muscles properly following exercising. This will avoid problems such as convergence spasm which can occur in very rare cases if some of the eye muscles do not relax sufficiently.

The eyes may feel uncomfortable following exercising and this is to be expected but too much exercising and/or not enough relaxation may make the eyes feel more uncomfortable than is necessary.

Do not practice for longer periods than advised by the Orthoptist and try to avoid exercising when your eyes are particularly tired or you are unwell.
After the exercises make sure you either close your eyes for one minute or look far into the distance (e.g. out of the window) for a few minutes before undertaking any other activity. Remember relaxation time is just as important as exercise time.

If you have any further questions contact your Orthoptist for advice on

01484 343237 or 01422 222218

If you have any comments about this leaflet or the service you have received you can contact:

Orthoptist's Department

Calderdale Royal Hospital Telephone No: 01422 222218.

Huddersfield Royal Infirmary, Acre Mill Out-patients Telephone No: 01484 343237

www.cht.nhs.uk

If you would like this information in another format or language contact the above

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਬਿਸੇ ਕੋਸ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸਾ ਵਿੱਚ ਲੋਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براۂے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"