

Simple Convergence Exercise

Purpose: To improve your ability to bring both eyes in together (ie. Convergence) for near work.

1. Hold a pen at arm's length.
2. Focus on the tip of the pen.
3. Slowly move the pen towards the nose. Try to keep it single and clear at all times.
4. Once the pen becomes double, stop and try to make it single again.
5. Continue moving the pen until you are unable to focus on it.
6. Move the pen back out slightly to make it single again.
7. Hold focus for 10 seconds.
8. Either close your eyes or look far away
9. Repeat.

Frequency: Perform for 10 to 15 minutes a day. This can be broken up into 2 or 3 sessions.

At the end of your exercise session it is important to relax your eyes by looking out of a window at a faraway object OR by closing your eyes for a few minutes. Do not proceed to do near work immediately.