

Understanding convergence exercises

This leaflet explains how to do some eye exercises to help with eye strain and double vision. If you have any further questions or concerns, please do not hesitate to contact 020 7188 4299, and leave a message on our answer phone.

1. Pen Convergence

Converging your eyes on a slowly moving object

1. Hold a pen at arms length
2. Bring pen towards your nose trying to keep it a single image.
3. When you can see that the pen has split into two images, stop and make an effort to join the images.
4. When they are single again attempt to bring the pen closer until it doubles again. If you are unable to join the images then move the pen slightly away from you until it becomes single and try again.

Some people do not notice double vision but are aware that the pen blurs or goes out of focus. Repeat the process until you can follow the pen easily to the end of your nose keeping it single.

2. Jump Convergence

Converging your eyes from a distance to a near target

- This involves looking from a distant target to a pen held at arms length. You must ensure the pen remains a single image.
- Look back to the distant target and move the pen a little nearer to your nose and try to look at the pen again and make it one.

Repeat this until the pen is at the end of your nose and you can easily change focus from near to distance and vice versa. If you are unable to keep the pen as one image move it further from your nose and try again.

Contact us

If you have any questions or concerns please contact the **Orthoptic department on 020 7188 4299**, and leave a message on our answer phone. We aim to get back to you within three working days. (Monday-Friday 9am-5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

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