

# Understanding convergence exercises

This leaflet explains how to carry out some eye exercises that may help with symptoms of eye strain and double vision. If you have any further questions or concerns, please do not hesitate to call 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 arm's length and focus on the tip
2. Bring the pen slowly towards your nose, trying to maintain a single image
3. When the pen starts to split into two images, stop moving the pen and make an effort to join the two images back into a single image. If you are unable to join the two images, move the pen slightly away from you and readjust your focus until it becomes single
4. When you have a single image again, bring the pen slowly towards your nose, trying to keep it single
5. Repeat steps 3 and 4 continuously for one minute
6. Relax your eyes for a few minutes, either by closing your eyes, or by looking into the distance.

## 2. Jump Convergence

### Converging your eyes from a distance to a near target

1. Hold a pen at arm's length
2. Look at an object in the distance, and then change your focus quickly to the pen, making sure that the pen remains a single image
3. Change your focus back to the distant object, move the pen a little nearer to your nose, and then change your focus back to the pen, keeping it single
4. Repeat this process until the pen is as close to your nose as possible without it appearing double, and you can easily change focus between the distance object and the pen. If you are unable to keep the pen as a single image, move it slightly further away from your nose and try again.
5. Relax your eyes for a few minutes, either by closing your eyes, or by looking into the distance.

### Note:

- Some people may not notice double vision but they may notice that the pen becomes blurry or goes out of focus
- You may experience headaches and eye strain when you first begin convergence exercises

## Useful sources of information

[www.squintclinic.com](http://www.squintclinic.com) – the videos are very helpful

[www.orthoptics.org.uk](http://www.orthoptics.org.uk)

## 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 to 5pm).

## Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm **email** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk). To make a complaint contact the resolution department **phone** 020 7188 3514 **email** [complaints2@gstt.nhs.uk](mailto: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, **phone** 020 7188 8815 **email** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, **phone** 111 **web** [www.111.nhs.uk](http://www.111.nhs.uk)

## NHS website

This website gives information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing, **web** [www.nhs.uk](http://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, please get in touch, **phone** 0800 731 0319 **email** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) **web** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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