

## **EXERCISES FOR CORRECTING CONVERGENCE INSUFFICIENCY**

Convergence is the slight crossing of the eyes to focus on a near object. Typically, the eye muscles perform this comfortably and effortlessly. Though, if certain muscles do not converge correctly, muscle strain and imperfect vision result, causing pain or possibly other symptoms.

Convergence insufficiency can be corrected in most cases by simple exercises. The following exercise can be completed during commercials while watching television (approx. 3 min.)

Seat yourself approximately 10-15 feet in front of the television screen. Hold a pencil, eraser end up, at eye level. Hold the pencil at a distance so the image is clear. While staring intently at the eraser, bring it toward the bridge of the nose until it doubles (two images are seen). Then look up at the television screen until everything comes into focus or becomes clear. Repeat this exercise for the remaining commercials.

Other objects may be used for these convergence exercises, such as the tip of a pen, a black dot on a card, etc. If these simple home exercises fail to achieve proper convergence, other treatment may be recommended.