

Jump convergence exercise

Information and advice for patients

Orthoptics

What is a 'jump convergence exercise'?

The jump convergence exercise is an exercise for your eyes that can help to improve the symptoms of convergence insufficiency. Your orthoptist will explain and demonstrate this exercise for you.

How to do the exercise

1. Hold a pen at arms length in front of you and find a distant target in front of you to look at (i.e. a picture or small object).
2. Look from the distant target back to the pen, then back to the distant target.
3. While looking at the distant target, move the pen 2cm closer to your nose. Then look at the pen for a few seconds, then look back at the distant target.
4. Do this slowly several times. Each time while looking at the distant target, move the pen closer to your nose. Make sure each time you jump from looking at the target to looking back at the pen, the pen appears single.
5. If the pen appears double then look back at the distant target and move the pen further away from your nose and try to get it closer to your nose again as before, without it appearing double.
6. The aim is for you to easily be able to bring the pencil within 6cm of your nose and for it to appear single when you are concentrating on it.

After doing the exercises it is important that you relax your eyes by looking into the distance or by closing them for a minute or so. When you start this exercise you may feel increased eye strain and get headaches but try not to be put off.

How often should I do the exercises?

These exercises should only be done for a few minutes at a time, but frequently throughout the day. The orthoptist will tell you how many weeks you should perform the exercises for as this can vary.

Further information

If you have any questions or concerns please contact your orthoptist for advice on 0121 507 3202

For more information about convergence insufficiency please see our 'Convergence Insufficiency' leaflet.

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For more information about our hospitals and services please see:
www.swbh.nhs.uk

Sources used for the information in this leaflet

- 'Clinical Orthoptics', Fiona J. Rowe, 1997
- 'Diagnosis and management of ocular motility disorders', Alec Ansons and Helen Davis, 1986

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5420 or email: swb-tr.swbh-gm-patient-information@nhs.net



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