

# 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, such as double vision and headaches. Your orthoptist will explain and demonstrate this exercise for you.

### **How to do the exercise**

1. Hold a pen at arm's length in front of you and find a distance target further in front of you to look at, approximately 6 meters away.
2. Look at the distance target for a few seconds, then at the pen for a few seconds (ensuring it appears single), then back to the distance target.
3. Each time you look at the distance target move the pen 2cm closer to you, whilst still looking at the distance target.
4. Do this slowly several times. Make sure each time you jump from looking at the distance target to the pen it appears single.
5. If the pen appears double, look back at the distance target and move the pen further away from your nose. When the pen is single again, try to move it closer towards you as before, keeping it single.
6. The aim is for you to be able to bring the pen 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 in the distance or by closing your eyes for a minute or so. When you start this exercise you may feel increased eye strain and get headaches. This is normal, and will improve the more you do the exercise.

### **How often should I do the exercises?**

These exercises should only be done for a few minutes at a time, and 2-3 times throughout the day depending on the severity of the condition. Your orthoptist will tell you how many weeks you should perform the exercises for as this varies for each person.

### **Follow up**

You will usually be reviewed in the Orthoptic department, usually every 4 weeks while you are doing the exercises.

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## Orthoptics

### Contact details

If you have any questions or concerns please contact the orthoptic department on:

#### Birmingham and Midland Eye Centre at City Hospital

0121 507 6829

#### Sandwell General Hospital

0121 507 3202

### Further information

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

For more information about our hospitals and services please see our websites [www.swbh.nhs.uk](http://www.swbh.nhs.uk), follow us on Twitter @SWBHnhs and like us on Facebook [www.facebook.com/SWBHnhs](http://www.facebook.com/SWBHnhs).

### Sources used for the information in this leaflet

- F Rowe, 'Clinical Orthoptics', 1997
- A Ansons, H Davis, 'Diagnosis and management of ocular motility disorders', 1986

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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