

# Instructions for convergence exercises

## Target to nose

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at [rduh.pals-northern@nhs.net](mailto:rduh.pals-northern@nhs.net).

The aim of the exercise is to watch a target whilst moving it towards your nose and maintaining a continuous single image with ease – the image may be blurred but it must be single.

The Orthoptist will provide you with an appropriate target to use for this exercise or you can use a pen or pencil. This exercise is sometimes known as 'Pencil Push-ups'.

1. Hold target at arm's length from face at eye level.
2. Bring the target slowly towards your eyes watching the target carefully and continuously.
3. When / if the target appears 'double', stop moving target towards you. Focus hard on the target and try to regain a single image.
4. If this is achieved repeat from step 2.
5. If a single image cannot be achieved move the target backwards slowly until a single image is achieved once more. Repeat from step 2.
6. Effective convergence has been achieved once the nose can be touched with the target and a single image can be comfortably maintained.

The Orthoptist will advise you on how often you should perform Pencil Push-ups.

At the end of your exercise session it is important to relax your eyes by looking out of a window at a far away object OR by closing your eyes for a few minutes.

## Further information

Orthoptic Department  
Outpatients  
Level 2  
North Devon District Hospital  
Raleigh Park  
Barnstaple  
Devon  
EX31 4JB

### Useful website:

British and Irish Orthoptic Society  
[www.orthoptics.org.uk](http://www.orthoptics.org.uk)

Squint Clinic  
[www.squintclinic.com](http://www.squintclinic.com)

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## PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [rduh.pals-northern@nhs.net](mailto:rduh.pals-northern@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

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Tell us about your experience of our services. Share your feedback on the Care Opinion website [www.careopinion.org.uk](http://www.careopinion.org.uk).

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