

Instructions for convergence exercises

Jump convergence

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.

The aim of the exercise is to practice changing fixation of your eyes between a near target and a distance target.

The Orthoptist will provide you with an appropriate target to use for this exercise or will tell you to use a pen or pencil.

1. Focus your eyes on the near target held at arms length and at eye level. The target should be seen singly and you should count to three.
2. Change focus of your eyes to the distance target which should be seen singly and again count to three.
3. Whilst focussing on the distance target move the near target slightly closer to you keeping it at eye level.
4. Change focus back to the near target and make sure it is seen singly. If so count to three and then repeat from Step 2.
5. If at any point on moving the near target a little closer you cannot achieve a single image and it appears 'double', try to focus hard to get a single image and repeat from step 2.
6. If a single image can still not be achieved move the near target back until you reach a point where it is seen singly and repeat exercise from Step 2.
7. You have completed the exercise successfully when you can change the focus of your eyes from the distance target to the near target when the near target is seen singly on the end of your nose.
8. This may take several exercise sessions to achieve.

The Orthoptist will advise you on how often you should perform Jump Convergence.

- 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

Squint Clinic
www.squintclinic.com

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. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

Tell us about your experience of our services. Share your feedback on the Care Opinion website www.careopinion.org.uk.

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