

Convergence insufficiency - Dot-card convergence exercises

Information for patients and parents/carers

Maidstone, Medway and Tunbridge Wells

Orthoptic Clinics: ☎ 01622 226236

Convergence Insufficiency

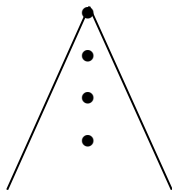
Convergence is the ability to bring both eyes in towards your nose at the same time. Reduced convergence (convergence insufficiency) can cause symptoms such as headaches, reading problems and double vision. There are exercises available from your Orthoptist to strengthen the muscles which pull the eyes inwards.

The following exercise will strengthen the muscles which pull the eyes in and your Orthoptist will monitor your progress every few weeks.

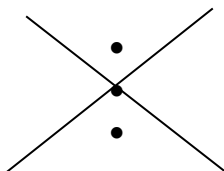
You should have been given a card, which looks like the following picture:



1. Hold the card flat or tilted very slightly downwards, with one end touching the tip of your nose.
2. Look at the dot furthest away, it will look as if two lines are pointing at this dot in a 'V' shape:



3. Now look at the next dot towards your nose, you will see a 'cross' going through the middle of this dot:



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4. Check that you can see the cross and that the dot is single.
 5. Now look at the next dot towards your nose and check if the dot is single whilst maintaining the cross.
 6. If the dot turns into two, move back to the previous dot, and count to ten seconds, keeping it single.
 7. Then look at the next dot towards your nose and try to keep it single.
 8. Please draw some extra dots on the card if you need to.

REPEAT

Do the exercise 3 times each /day for approximately 2 minutes OR as advised by the Orthoptist. The aim is to do it little and often.

THE GOAL:

To be able to focus on the dot nearest your nose whilst keeping it single.


REMEMBER:

To close your eyes for a few seconds to rest them after doing this exercise to prevent headaches and eye strain.

Please use this space for your notes.

Further information and advice can be obtained from:

NHS 111
NHS Choices online

 **111**
www.nhs.uk

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Telephone: ☎ 01622 224960 or ☎ 01892 632953

Email: mtw-tr.palsoffice@nhs.net

or visit their office at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

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