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Convergence Training

You have been diagnosed with a condition called “Convergence Insufficiency”. That means that the eye muscles are “fighting” each other when you try to make the eyes turn in (converge) to look at near objects, such as print. The only “cure” for this condition is an exercise that trains the muscles to work together. The following is a description of the simplest form of the exercise needed to correct convergence insufficiency.

Hold a pen or pencil between the little and ring finger of one hand, so that it sticks up, similar to the little finger sticking up.

Take a few **DEEP** breaths, to get extra oxygen to the eye muscles. Place the thumb of the hand holding the pen against the chin, to establish a “working distance” between the eyes and the tip of the pen.

On the next deep breath, **HOLD** the breath and make both eyes look at the tip of the pen. **HOLD** fixation on the pen for a **LONG** 2 seconds (one thousand one...one thousand two).

Release the breath and look into the distance. Continue to breathe. Get rid of any “cramping” sensation around the eyes by squeezing the eyes shut and gently pressing.

Once the cramping sensation lessens, repeat this exercise over and over for **AT LEAST** 15 minutes (20-30 is even better). Continue **EVERY DAY** for at least 2 months, then once a week indefinitely.

Do NOT follow the pen inward and outward while moving it. It is important to force the eyes to make the jump from distance to near!