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Typical Eye Exercises for Improvement of Convergence

1. Accommodative trombone

1. paste a high detail typewritten letter (E, M or W) to a ruler or a stick
2. hold the ruler approximately 20" away from the eyes, make the letter clear and single
3. slowly bring the ruler towards you while at all time maintaining the clarity and singleness of the letter
4. at the point where you can just barely maintain the clarity or singleness of the letter hold it for 2-3 seconds
5. then slowly move it away from you to the 20" starting point making sure that the letter remains clear and single as you bring it out

Bringing the ruler from 20" out toward you and back out again is called a cycle. Do 40 cycles a day, perhaps 20 in a.m. and 20 in p.m.

2. Fixation Jumps

- a. position the typewritten letter on a stick as close to you as possible while making sure it is single and clear
- b. hold the letter in focus for 3-5 seconds, then shift your gaze on some distant object across the room, make sure it comes in clear focus
- c. hold the focus on distant object for 3-5 seconds and then shift it back to the typewritten letter

Moving your focus from near object to distant object and back to the near object again is a cycle. Do 40 cycles a day.

Do both exercises every day for 1 month, then 2x/wk for 1 mo, then 1x/wk for maintenance.