

CONVERGENCE EXERCISES

The following exercises can all be performed in a few minutes.
Spend at least 5 minutes on each one.

PENCIL PUSH-UPS:



Hold a pencil or treat out at arm's length and at eye level. Watch and focus on its tip, try to see a single image on its tip. Slowly, bring it toward your nose and keep it as one clear image. Hold it till the time you see some heaviness in your eyes. Remember, the tip of the pencil should look clear and single. Again, hold it to an arm's distance for 10-12 seconds. Repeat this at least 5-10 times to get a focused vision.

PENCIL KISSES:

Hold two pencils out at arm's length and apart from each other vertically. Make the tips of the pencils touch each other. Repeat this, bringing them closer to your nose with each repetition.

THE RUNWAY:

Take a sheet of paper and draw 5 or 6 fixation targets (picture of dots) down the center of the page. Make them large enough to see clearly. Holding the sheet of paper up at eye level, look at the farthest picture, then change fixation moving closer and closer. Go from farthest out to closest in.

