



**Bedfordshire
Community
Health Services**



Convergence Exercises

Bedfordshire Children's Eye Services



Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust

Jump Convergence

1. Hold the pen, vertically, in front of your face, at arm's length.
2. Look at the pen – make sure that it is single.
3. Then look into the distance at an object / picture on a wall. While you are looking in the distance, move the pen a little closer to your face.
4. Then look at the pen, keeping it single for a few seconds.
5. Look into the distance again while moving the pen a little closer to you again.
6. Repeat this until the pen is double and you cannot make it single.
7. It is important you relax your eyes after doing this exercise by closing your eyes for a few minutes.

Dot Card

1. Hold the card on the end of your nose horizontally.
2. Look at the dot furthest from you – make sure the dot is single. Then move your eyes to each dot in progression towards you, ensuring that each dot is single.
3. If a dot is double, concentrate hard to make it single. If you succeed, look at the next dot nearer to you.
4. If the dot is double and cannot be made single, go to the next dot away from you.
5. Repeat these steps several times.
6. It is important you relax your eyes after doing this exercise by closing your eyes for a few minutes.

To check if you are doing this exercise correctly, you should see two lines of dots crossing through the dot you are concentrating on.

Pen Convergence Instructions

1. Hold a pen vertically at arms length
2. Move the pen towards your face slowly. You must concentrate hard on the pen – keeping it 'one' for as long as possible.
3. When the pen tip goes into 'two', stop moving the pen. Concentrate hard, see if you can make the pen single again – if the pen becomes single, continue moving it towards you until it becomes double again. When the pen splits into two and you cannot rejoin it by concentrating hard, move the pen away slightly. Then move it towards you again.
4. Repeat this several times
5. When you have finished this exercise, you must close your eyes for a few minutes or look out of the window, to relax your eyes fully.

Sometimes with this exercise, we may ask you to look at small letters on a stick instead of a pen.

If you have any questions regarding the treatment of your child's eye condition, please discuss them with the Orthoptist.

For further information about this service contact:

Community Eye Service

Enhanced Service Centre
Bedford Health Village
3 Kimbolton Road
Bedford, MK40 2NT

Community Eye Service

Liverpool Road Health Centre
9 Mersey Place
Liverpool Road
Luton, LU1 1HH



Children's Community
Health HUB



**Your one stop
contact point**

Tel: 0300 555 0606

Email: ccs.bedsandlutonchildrenshealthhub@nhs.net

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

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If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.