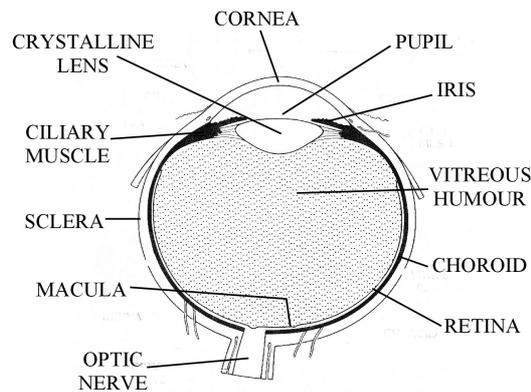


pen to nose exercises



These exercises have been found to be beneficial in helping the eyes to turn in to read more comfortably (convergence).

Look at a pen about 50cm away. Move the pen towards you until it appears double. Keep repeating this exercise for 5 minutes a day until the pen can be moved to within 10cm of the eyes before it appears double.

Periodically check that this ability is present. If the convergence starts to drift away again or symptoms of reading difficulty begin again, then restart the exercises until the convergence returns to less than 10cm again.

If doubling of the pen is not seen at any point then we need to develop an ability to see this doubling. It is known as physiological diplopia.

Hold two pencils one in front of the other in front of you. It helps if the pencils are of different colour. Look at the more distant pencil. You should now see that the nearer pencil has gone double. When you have seen this, look at the nearer pencil. Now the more distant pencil will appear double. If when you look at the nearer pencil it also appears double, move the pencil further away from you until it appears single.

Keep repeating this exercise until you can switch from looking at one pencil to the other quite quickly and see the doubling instantly.

Now you are ready to do the pen to nose exercises above.

A variation of the two pencil exercise to help with convergence, is to start with the two pencils at arms length and gradually move the nearer pencil closer while switching focus from front to back. Keep bringing the nearer pencil closer until you cannot see it as a single pencil. At this point move it away until it appears single again.

Repeat this two pencil exercise or the pen to nose exercise until your convergence ability is within 10cm of your nose.

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