

CONVERGENCE



Step 1: Sit in supportive chair with object to focus on (finger, pen, or paper with X on front).

Step 2: Hold your arm directly in front of you and focus on the object.

Step 3: While maintaining your focus on the object, slowly move it straight toward your nose until you begin to see a double image. Then return it to the starting position and repeat.

Make sure to keep your head and neck still.

To advance, place object of focus on a busy background (wall with pictures, TV, outside)

- Complete this exercise for _____ minutes.
- Complete this exercise for _____ repetitions.
- Perform this exercise _____ times a day.
- Perform this exercise in _____ position.

 **PRESBYTERIAN**
Rehabilitation Services