

Accommodative and Convergence Home Training

The following procedures are designed to build strength and flexibility in your focusing (accommodative) and pointing (convergence) systems. It is necessary to complete the recommended activities daily for 3-4 weeks before your symptoms will be noticeably improved. You may experience some ocular discomfort when first starting the activities, but your skills are improved the symptoms will eventually disappear. If after one month of consistently doing the techniques, you continue to have symptoms, please contact our office for consideration of more aggressive treatment.

Pencil Pushups

Hold a pen or pencil about 14 inches in front of your nose. Concentrate on the tip of the pencil as you slowly bring it closer to you. Continue moving the pencil toward your nose until you see it double. Don't move the pencil. Look far away and relax your eyes for a couple of seconds. Now, move the pencil away from your nose until it looks single again. Repeat this 50 times each day.

Distance Rock with Pencil

Hold a pen or pencil as close to your nose as possible without it doubling. You should feel some eyestrain, but the pencil should remain single. Don't move the pencil. Look as far away as you can and relax your eyes for a couple of seconds. Look back to the pencil, make sure it is single and hold for a couple of seconds. Continue looking back and forth for 50 cycles each day. As you improve, try to hold the pencil closer to your nose.

✿ It is okay to do fewer of each exercise at a time if you are experiencing eyestrain. Try to do the recommended number of repetitions in a day even if they are broken up into multiple sessions.

Monocular Distance Rock with Print

For this procedure you will need something with small print, a newspaper or magazine works well. Hold a hand over one eye and look at the print with the other. Begin with the print about 14 inches from your eye and slowly bring it closer to you until it is too blurry to read. Now look far away and relax your eyes for a couple of seconds. Move the printed material back to about 14 inches and begin again. Repeat this activity 25 times with each eye.

Binocular Distance Rock with Print

For this procedure you will need something with small print, a newspaper or magazine works well. Keep both eyes open. Begin with the print about 14 inches from your eye and slowly bring it closer to you until it is too blurry to read. Now look far away and relax your eyes for a couple of seconds. Move the printed material back to about 14 inches and begin again. Repeat this activity 50 times per day.

✿ It is okay to do fewer of each exercise at a time if you are experiencing eyestrain. Try to do the recommended number of repetitions in a day even if they are broken up into multiple sessions.

Think about good visual hygiene

- The 20/20 rule – look away from you near work to a far target for 20 seconds every 20 minutes.
- For reading eyes should be no closer than the length from your elbow to your middle knuckle of a closed fist.
- For computer use, the center of the screen should be slightly below eye level and your work station should allow good posture.