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What treatment is available?

It is a condition that can usually be treated with some exercises but will only work if they are carried out regularly.

Pen Convergence

- Hold a target (pen) at arm’s length then slowly and smoothly bring the target towards your nose.
- Once the target appears double, hold it at that point and try to make it single again
- If able to get it single, continue with the exercise.
- If unable to get it single, take the target back a little until it is single then try again.
- The aim is to try and get the target on or as close as possible to your nose.

Jump Convergence

- Bring a target (pen) as close as possible to your nose keeping it clear and single and stop before it becomes double.
- Then look at an object in the distance for a few seconds and then back to the pen keeping it clear and single.
- Look at the far object again and bring the pen a little closer and then look back at the pen trying to maintain it clear and single.
- The aim is to try and get the target on or as close as possible to your nose.

Dot Card

- The dot card is held up to the tip of your nose and look at the dot which is furthest away.
- If this dot is single, the rest of the dots will make an ‘A’ shape.
- Then look at the next dot along, and then each dot in turn.
- If you look at each dot in turn you should see the following shapes:

  ![](https://i.imgur.com/12345.png)

- If you are unable to get one of the dots single, go back to the previous dot and try again.

Will I strain my eyes by doing the exercises?

It is very important to relax your eyes after the each exercise by looking into the distance or by closing your eyes for a few minutes. The eyes may feel uncomfortable after the exercises, which is to be expected but too much exercising and/or not enough relaxation may make the eyes feel even more uncomfortable.