



Brock String Convergence Insufficiency Exercise

Purpose: To improve the ability of your eyes to work together, especially when looking at close objects.

Procedure:

- Tie one end of the string to a door knob or tape it to the wall, and hold the other end of the string up to your nose. Sit or stand with the string at eye level.
- Place the bead closest to your nose at a distance where the bead does not double when focusing on it. Spread out the other beads equally spaced about 12-15” apart.
- Look at the **center** bead: you should see a “X” pattern with the strings.
- Look at the **farthest** bead: you should see a “V” pattern with the “V” opening towards you.
- Look at the **closest** bead: you should see a “V” pattern with the “V” opening away from you.

(Whichever bead your focusing your eyes on, the other two beads should split/double)

Exercises:

- Move your eyes from one bead to another. Gradually increase the speed of your eye movements jumping from bead to bead.
- Look at each bead for 10 seconds, trying to hold clear focus of the bead and string pattern
- Move the nearest beads closer to your nose, one inch at a time. The goal is to get the bead about 4” from the end of your nose and still be able to see the bead clearly.
- Using one bead (hold the other 2 in your hand): slowly move it up and down the string while tracking it with your eyes.

- Using one bead: look at the bead, close your eyes while imagining that you are still looking at the bead, and then open your eyes. Move the bead to different places on the string and repeat.
- Perform the above exercises with the string angled up/down or right/left.

Guidelines:

- Begin performing this exercise for 30 seconds, gradually increasing to 2 minutes, 3 times per day.
- Exercise should NOT provoke a headache or increase an existing headache.
- Exercises may provoke mild dizziness or nausea. Symptoms should not exceed a level 5 on a 0 - 10 scale where 10 is severe dizziness/nausea.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health System (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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