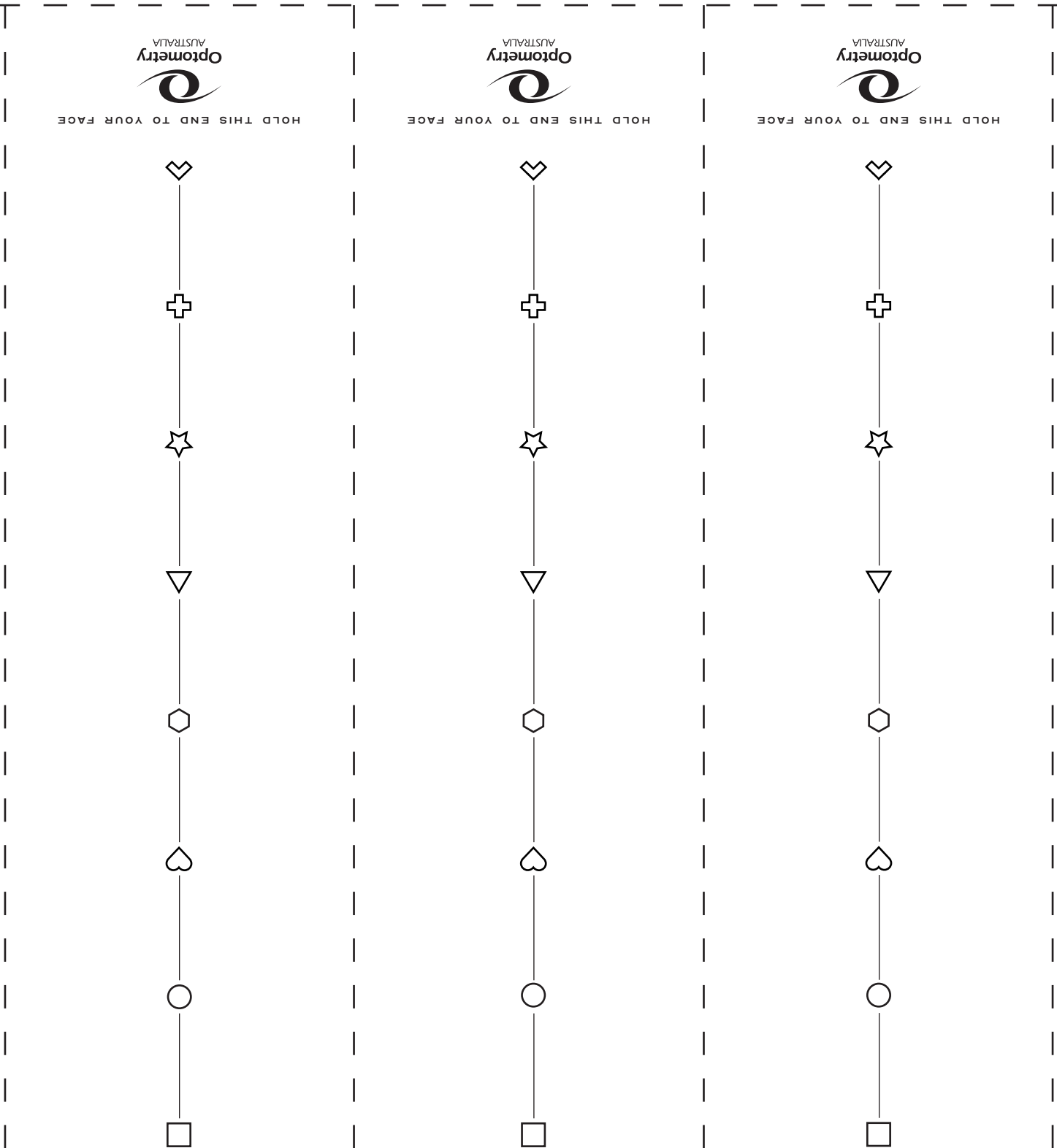


**Optometry Australia provides the Convergence Card for use, understanding that it has no evidence of beneficial effects as a stand-alone therapy, but on the understanding that optometrists will use it as one part of an evidence-based binocular vision therapy program. Printing on 250GSM uncoated paper is recommended.**

References:

1. Scheiman M, Mitchell GL, Cotter S, Cooper J, Kulp M, Rouse M, et al. A randomized clinical trial of treatments for convergence insufficiency in children. Arch Ophthalmol. 2005;123(1):14-24
2. Scheiman M, Mitchell GL, Cotter S, Kulp MT, Cooper J, Rouse M, et al. A randomized clinical trial of vision therapy/orthoptics versus pencil pushups for the treatment of convergence insufficiency in young adults. Optometry Vis Sci. 2005;82(7):583-95
3. Huston PA, Hoover DL. Treatment of symptomatic convergence insufficiency with home-based computerized vergence system therapy in children. J AAPOS. 2015;19(5):417-21
4. Horwood A, Toor S. Clinical test responses to different orthoptic exercise regimes in typical young adults. Ophthalmic Physiological Opt. 2014;34(2):250-62
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Convergence is the ability to direct both eyes at a near object as it approaches. This Convergence card can be used to practise this skill.

The card should be held at the tip of the nose. Look at the last shape on the card (furthest from the nose) and try to make it single (all the other shapes that you're not fixing on will be double images).

Move inwards along the card towards your nose trying to make each shape single in turn. Continue down the card until you are able to make even the closest shape clear

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