

## Convergence/Divergence

- Rescue Drill
- Training Drill

### Systems Impacted:



### Structures/Nerves Stimulated:

Eye/Retina, Optic Nerve, Thalamus, Visual Cortex, Parietal Lobe, Frontal Lobe

### Setup:

- Sit or stand comfortably
- Hold a pen or pencil at about half of arm's length, in front of the eyes
- Line up the pen/pencil with a convergence page in the background

### Cues:

- Practice for 15 to 30 seconds at a time
- Stop the drill if there is any pain, headache, or other threat response

### Action:

- Look at the pencil and notice if the far object in the background doubled (although blurry and partially transparent)
- Move the pencil forward and backward, like a pencil pushup, to move the background objects on the page
- Try to remove the pencil and just use the eyes to manipulate the objects on the page
- The goal is to have them align, look like a shimmering grey color, and then eventually become CLEAR rather than blurry!

### Modifications & Progressions:

- Instead of the pencil, hold a string from the nose to the page and look at the string to "make an X" - then move the eyes up and down the string to manipulate the objects on the page.
- To make more difficult - move the page away from the center