



Brock String

Vergence

PURPOSE: To develop better coordination between your two eyes when you are looking at objects located at different distances. You will know that you are using both eyes correctly in each exercise when you can look at a small object and see it as one, while noticing that all other small objects in front of and behind it are double.

PROCEDURE:

1. Attach one end of the string to an object (such as a doorknob) and hold the other end close to your nose in the midline between your eyes. Place a bead on the string at 4" from your eyes. Look at the bead and try to make both eyes pull in together so that the *bead is seen as one and the string as two*. Repeat 5 times by closing your eyes and then opening your eyes to look at the bead. If you see only one bead and one string, then 1) move the bead slightly to the right and left of the midline; or 2) move the bead on the string closer or further from you until you obtain the correct response. During these exercises if you see one bead and only one string, although both eyes are open, the visual information from one of your eyes is not being received—the result is like closing one eye. *One of your goals is to become aware of the visual information from both eyes*. In addition, if you should see two beads and two strings, the visual information is being received but your eyes are not aimed correctly at the bead. *Your second goal is to move your eyes correctly by repeatedly trying to pull the eyes inward*. As you do each exercise ask yourself the following questions:
 - Can I feel both eyes moving when I look at the bead?
 - Can I see the bead and string correctly at all times?
 - Do the strings cross at the bead, in front of the bead, or behind it?
 - Do I ever see one bead and only one string? If so, where and when?
 - Do I ever see two beads and two strings? If so, where and when?
 - Does the exercise get easier as I do it more often?
2. Put another bead on the string at 10" from you. Look from the front bead to the back bead 5 times, trying to see one of what you are looking at and two of what you are not.
3. Put a third bead on the string at 16" from you. Practice looking from one bead to another as rapidly as possible and still see one of what you are looking at and two of what you are not.
4. Select a small object, such as a light switch, across the room and hold the string in line with it. Alternately look from the far object to a bead on the string, seeing one of what you are looking at and two of what you are not.

GOAL FOR THE WEEK: