

Pencil Pushups

Description

Pencil Push-Ups

Here's an easy and effective technique to build convergence range for those who have trouble 'crossing' their eyes, a skill required for looking at near objects like books. Note: Pencil Pushups alone are not sufficient for managing Convergence Insufficiency. See your doctor for details.

Procedure:

1. Hold the pencil at arm's length directly between your eyes.
2. Slowly move the pencil towards your nose
3. Continue moving the pencil slowly towards your nose. When you can no longer keep it single, ask him to stop moving the pencil and try to get the pencil back to one.
4. If you can get the pencil one again, continue moving it closer to your nose. If you cannot get back to one, start the procedure over at step 2.
5. Perform 20 push-ups and on the last one measure the distance of the pen tip to his nose. Record this distance. Do 3 sets of 20 push-ups each day.
6. The goal of the procedure is to get the pen tip within 2 to 3 cm of your nose on each push-up.

Load it: For more difficulty, try "spiral" push-ups where you bring the pencil to your nose in a circular motion. Continue as above.

Category

1. Uncategorized

Tags

1. activity
2. CI
3. convergence
4. convergence insufficiency
5. pencil
6. pushup
7. vsa

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