

Pencil Push-Up Therapy (PPT)

Pencil push-ups are a simple, low-cost exercise that can help improve convergence ability in patients with convergence insufficiency. While not as effective as office-based vision therapy, they can be beneficial when performed correctly and consistently.

How to Perform Pencil Push-Ups

1. Hold a pencil in one hand at arm's length in front of your face.
2. Focus on a small letter or detail on the pencil and slowly move the pencil towards your nose while maintaining focus.
3. Stop when you see double or can no longer keep the target clear.
4. Try to move the pencil closer, regaining single vision if possible.
5. If double vision persists, move the pencil back until you see single again, or if unable to regain single vision, take a 30 second break.
6. Repeat the process for 5 minutes total, 3 times per day (15 minutes daily).
7. Continue the therapy for 8 weeks.
8. If symptoms persist or worsen, consult your eye care provider for a potential adjustment in your treatment plan.

Benefits

Pencil push-ups can help improve your near point of convergence (NPC) and positive fusional vergence, potentially reducing symptoms of convergence insufficiency.

