

Vision Therapy Associates

FY👁️'s

Convergence Insufficiency

Convergence insufficiency, also known as exophoria, is a disorder of the eye teaming system in which there is a tendency for the eyes to drift out or look farther away than the object of regard. This causes strain on the eyes since they are now working harder to stay aligned. In some cases, one of the eyes actually drifts out (a.k.a. a “wandering eye”).

Signs and Symptoms:

Individuals with this fairly common condition may exhibit the following symptoms:

- strained, tired eyes, or headaches with close work
- avoidance of close work
- inability to sustain attention/concentration with close work
- near vision blur
- double vision
- words running together when reading
- reduced ability to attend to visual detail
- fatigue when reading
- tendency to skim rather than read for detail
- tendency to make “careless mistakes”
- tendency to fall asleep when reading
- closing or covering an eye when reading
- decreased performance over time with close work

Treatment:

There is only one treatment for convergence insufficiency and that is vision therapy. Recent studies have shown great efficacy with in-office optometric vision therapy compared to home-based or computer-based programs. In fact, this is the easiest eye teaming dysfunction to treat. Our success rate of eliminating symptoms is very high.

Typically we ask to see our patients each week for a one-hour (one-on-one) vision therapy session in the office. This session is conducted by our certified vision therapists and is individualized to meet each patient’s needs and goals. There are also activities assigned to be done at home on a daily basis.

The average length of time to complete a vision therapy program is four to six months. After 13 visits, we typically do a progress evaluation. On occasion activities are assigned at the completion of the program to help reinforce the newly developed skills. However, this is not usually necessary since we are not building muscle strength, but rather building pathways in the brain for coordination (like learning to ride a bicycle).