

Convergence Insufficiency

What is it ?

Convergence Insufficiency (CI) is characterized by a decreased ability to converge the eyes and maintain binocular fusion while focusing on a near target.

Signs

CI is usually accompanied by a reduced near point of convergence, decreased convergence amplitudes or an exodeviation.

CI interferes with a person's ability to see, read, learn, and work at near.

A person can pass the 20/20 eye chart test and still have CI.

Symptoms of CI include eye strain, double vision, headaches, blurred vision at near, eye fatigue, tension in and around the eyes, print moving on page, and frequent loss of place when reading.

Symptoms

2.5%-13%

CI has a reported prevalence among children and adults in the United States of 2.5 to 13%

Home-based pencil pushups therapy appears to be the most commonly prescribed treatment, but scientific studies have shown that this treatment is ineffective.

Treatments range from passive (prism lenses) to active (office-based vision therapy)

While clinical results show that CI can be treated at any age, current scientific research has been completed on the pediatric and young adult populations only

Scientific research by the National Eye Institute has proven that office-based vision therapy is the most successful treatment

Eye surgery is rarely, if ever, recommended

more info: <http://www.convergenceinsufficiency.net>