

Introduction

“Convergence is the coordinated movement and focus of our two eyes inward. Close work requires us to focus both of our eyes inward on close objects, including books, papers, computer screens, etc. Convergence skills are learned and developed during our early years.”

A problem with the coordinated movement of our eyes inward to look at close objects is called a convergence problem. A common convergence problem is Convergence Insufficiency.

When we are not able to converge our eyes easily and accurately, problems may develop, such as:

- Eye strain
- Headaches
- Double vision
- Difficulty reading and concentrating
- Avoidance of near work
- Poor sports performance
- Dizziness or motion sickness

Treatment of Convergence Problems

Eye coordination problems like convergence insufficiency generally cannot be improved with eye glasses or surgery. A program of Vision Therapy may be needed to improve eye coordination abilities and reduce symptoms and discomfort when doing close work.

Convergence Insufficiency

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IS YOUR CHILD SMART AT EVERYTHING OTHER THAN SCHOOL?

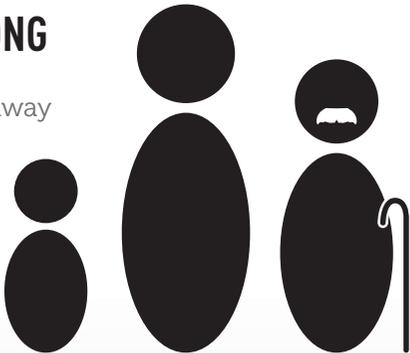
10 Things to know about the hidden vision problem that impacts learning;
Convergence Insufficiency (CI)

1 WHAT IS CI?

CI affects vision & learning. A person with CI has trouble or inability to coordinate the eyes on near work, like reading.
Most with CI will NEVER know they have it

2 LIFE-LONG

CI doesn't go away with AGE



3 AFFECTS MANY

Research studies show that about 1 out of every 20 people in the UK are estimated to have CI

5%



4 HIDDEN

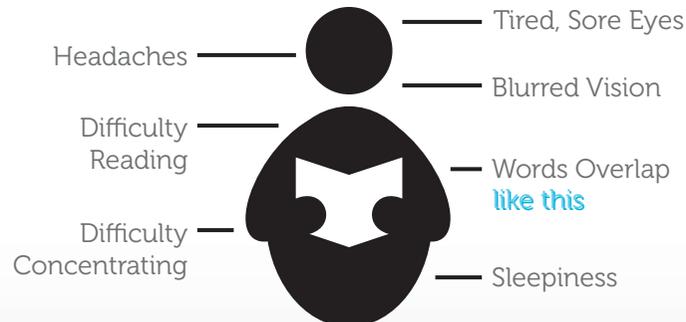
CI is not always detected in standard eye examinations



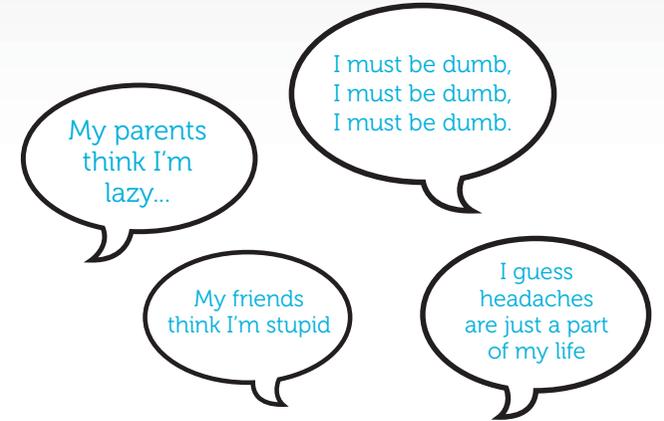
5 CONFUSED

ADHD Is the most common MISDIAGNOSIS

6 COMMON SYMPTOMS



7 LOWERS SELF-ESTEEM



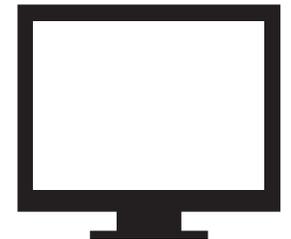
8 THERE IS A TREATMENT

PRACTICE-BASED VISION THERAPY

is the most effective treatment for CI

9 SPECIALISTS

Members of BABO who may consult with you or your Optometrist can be found at babo.co.uk or covid.org



10 AT SCHOOL

Successful treatment
IMPROVES ACADEMIC OUTCOMES