Office-Based Vision Therapy for CI

Office-based vision therapy includes the use of lenses, prisms, and 3D glasses during therapeutic activities to develop and enhance visual skill.

Many professionals prescribe home-based pencil push-ups as therapy for CI, but scientific studies have shown that this treatment is ineffective. Additionally, surgery is not a treatment option for CI.

Scientific research by the National Eye institute has proven that office-based vision therapy with home reinforcement is the most successful treatment. The Convergence Insufficiency Treatment Trial (CITT) found that 75% of those who received in-office therapy along with at home reinforcement acheived normal vision, or had significantly fewer symptoms related to reading and other near work, than the control group.

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Convergence Insufficiency (CI)

What is Convergence Insufficiency?

Convergence Insufficiency (CI) is a common binocular vision disorder of deficient eye teaming skills. Individuals with CI have difficulty keeping their eyes aligned during near tasks such as reading or working on the computer. It is essential that the eyes work together comfortably in order to read fluently and comprehend what is read.

CI is the leading visual cause of eyestrain and double vision (diplopia). It is not unusual for a person with CI to close or cover one eye while reading to relieve blurred or double vision.

Normal
(correctly focused on target)

Convergence Insufficiency
(focus is after the target)
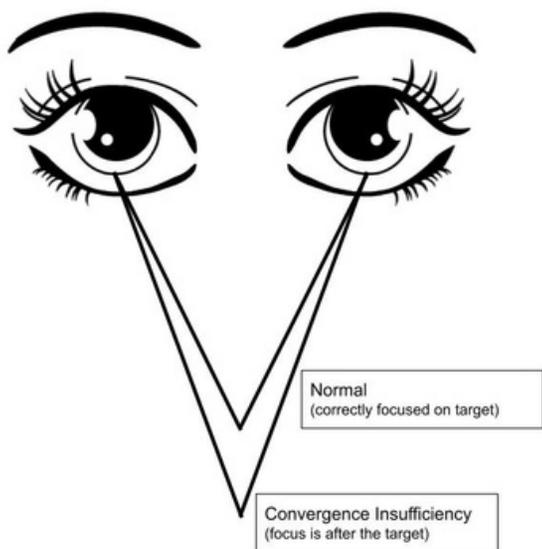
Symptoms of CI

A patient who has CI may show and/or complain of the following while doing near work (like reading, computer work, desk work, playing handheld video games, doing crafts, etc)

- Eye Strain
- Headaches
- Blurred vision
- Inability to concentrate
- Short attention span
- Frequent loss of place
- Squinting, rubbing the eyes, closing or covering one eye
- Feeling sleepy during an activity
- Trouble remembering what was read
- Words appearing to move, jump or float
- Problems with motion sickness

All of the above symptoms may be intesified by illness, lack of sleep, anxiety, and/or prolonged near work. CI may have a significant negative impact on one's quality life, potentially interfering with school, work performance, and leisure activities.

Detection and Diagnosis of CI

A basic eye exam or screening with the 20/20 eye chart does not detect CI. **A patient can pass the 20/20 test at distance and still have CI.**

CI is a convergence problem at near, which does not manifest itself at distance. Functional near testing is not typically performed during annual exams or school vision screenings, leaving CI frequently undetected in school-aged children.

A Behavioral Optometrist performs a functional vision evaluation for convergence, tracking eye movements, accommodation, depth perception, eye hand coordination and visual processing. This testing gives an accurate diagnosis of CI and other vision conditions that my impact learning, sports, and work performance.

Patients with Convergence Insuffiency may lose their place while reading and experience frequent headaches and/or double vision.