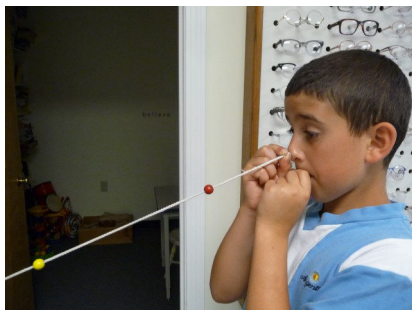


## Office Based Vision Therapy For CI

Office-based Vision Therapy includes the use of lenses and prisms during therapeutic activities to develop visual skills.

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 the children who received in-office therapy along with at-home reinforcement achieved normal vision or had significantly fewer symptoms related to reading and other near work than the control group.



### Dr. Randy Schulman, MS, OD, FCOVD

Dr. Schulman graduated cum laude from the University of Pennsylvania where she received her Bachelor of Arts degree in Psychology. She graduated with her Doctor in Optometry and Masters in Vision Science degrees from the State University of New York, State College of Optometry. She received her Fellowship in the College of Optometrists for Vision Development and is an Associate member of the Optometric Extension Program. She has lectured extensively on such topics as vision in the classroom, vision and aging, visual difficulties in the developmentally delayed, and lectured and published on vision and autism. She specializes in vision therapy, pediatrics, learning disabilities and preventative and alternative vision care for all ages. Her staff of vision therapists have over 30 years of combined experience, providing individualized in-office therapy.



To find out more about Convergence Insufficiency and the practice, please visit these websites:

[www.cteyecareassociates.com](http://www.cteyecareassociates.com)  
[www.optometrists.org/schulman](http://www.optometrists.org/schulman)  
[www.covd.org](http://www.covd.org)  
[www.convergenceinsufficiency.org](http://www.convergenceinsufficiency.org)  
[www.clinicaltrials.gov](http://www.clinicaltrials.gov) (Search CITT)

## What Is Convergence Insufficiency (CI)?



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## What is Convergence Insufficiency (CI)?

**Convergence Insufficiency (CI)** is a common binocular vision disorder of deficient eye teaming skills. Individuals with **CI** have difficulty keeping their eyes aligned while performing near tasks. When reading or on the computer, it is essential that the eyes work together comfortably to 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.

Double vision  
Double vision

## Symptoms of CI

A patient who has CI may show and/or complain of the following while doing close work such as reading, computer work, desk work, playing handheld video games, doing crafts, etc.:

- ◆ Eyestrain (especially with or after reading)
- ◆ Headaches
- ◆ Blurred vision
- ◆ Double vision
- ◆ Inability to concentrate
- ◆ Short attention span
- ◆ Frequent loss of place
- ◆ Squinting, rubbing the eyes, closing or covering an eye
- ◆ Feeling sleepy during an activity
- ◆ Trouble remembering what was read
- ◆ Words appearing to move, jump, swim or float
- ◆ Problems with motion sickness

All of the above symptoms may be intensified by illness, lack of sleep, anxiety, and/or prolonged close work.

Convergence Insufficiency may have a significant negative impact on one's quality of 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 because the convergence problem is at near.**

Functional near testing is not typically performed during eye tests at annual exams or school eye screenings, and may not be performed at a routine eye examination, leaving CI frequently undetected in school-aged children.



A Behavioral Optometrist performs a functional vision evaluation for convergence, accommodation, depth perception, eye hand coordination and visual processing. This testing gives an accurate diagnosis of CI and other binocular conditions.