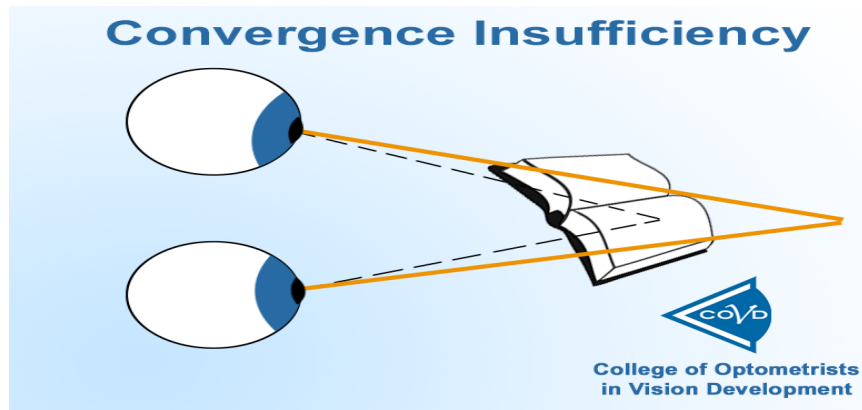




Convergence Insufficiency

Convergence is the coordinated movement and focus of our two eyes inward on close objects, including phones, tablets, computers, and books. It is one of many **Vital Visual Skills** learned during our early years, as we begin to make sense of the world and how to use our eyes to take it all in.



Convergence Insufficiency is a common problem with the development of these skills.

When convergence is insufficient, it means that the eyes do not come together closely enough when looking at a near object (dashed lines in above image), so the eyes are essentially looking "past" the target focal point (**orange lines**).

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

Convergence Insufficiency can make text look double when trying to read

Some people with Convergence Insufficiency experience a "halo effect" instead of double vision



Treatment

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, reduce symptoms, and alleviate discomfort when doing close work.

References

COVD. (2018, December). *Convergence Insufficiency*. Retrieved from College of Optometrists in Vision Development: www.covd.org/convergence