

# CONVERGENCE INSUFFICIENCY

Why it's so important for reading

---

# CONVERGENCE INSUFFICIENCY

---

When looking at near both eyes need to move inward position for example at reading.

In this condition one or both eyes turn out when looking near.

# CONVERGENCE INSUFFICIENCY

---

When one or both eyes turn out this can lead to one of the three:

1. Double vision at near
2. Suppression (using one eye and not both)
3. A waste of high cognitive energy in order to overcome the turn.

# CONVERGENCE INSUFFICIENCY

---

Sign and symptoms:

- \*Avoiding near tasks such as reading. Confusion at math signs and even when reading low comprehension.
- \*Losing concentration very quickly. Better in the morning but finding impossible to concentrate at afternoon or evening.
- \*Low attention.

# CONVERGENCE INSUFFICIENCY

---

Convergence insufficiency is easy to treat. It takes around 8 sessions of Orthoptic eye therapy.

# BENEFIT OF THE TREATMENT

---

- \* Improve reading or any other near task.  
Less jumping letter or skip words or lines.
- \* Help to improve concentration and attention
- \* Less tired eye you can read for longer
- \* Improve comprehension as more cognitive energy is use to understand the visual information.