

Convergence Insufficiency

Mayo Clinic Research (obtained from <http://www.convergenceinsufficiency.org/> Spr 2010)

- Is a medical condition not diagnosed by the school, however the OT may have information that may support adaptations related to developmental vision issues in children
- Is a common binocular (two-eyed) vision disorder in which the eyes do not work at near easily. An eye teaming problem in which the eyes have a strong tendency to drift outward when reading or doing close work (exophoria at near). If the eyes do drift out, the person is likely to have double vision.
- Is often associated with a variety of symptoms, including eyestrain, headaches, blurred vision, diplopia [double vision], sleepiness, difficulty concentrating, movement of print while reading, and loss of comprehension after short periods of reading or performing close activities.
- Results in the student processing 2 visual fields or if one eye has shut down the student may not complain of symptoms but will demonstrate difficulties in the areas of
 - coordination, sports, judgment of distances, eye contact, motion sickness
- Symptoms may include
 - eyestrain (especially with or after reading)
 - headaches
 - blurred vision
 - double vision
 - inability to concentrate
 - short attention span
 - frequent loss of place
 - squinting, rubbing, closing or covering an eye
 - sleepiness during the activity
 - trouble remembering what was read
 - words appear to move, jump, swim or float
 - problems with motion sickness and/or vertigo

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www.convergenceinsufficiency.org

