



# Convergence Insufficiency

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This material will help you understand convergence insufficiency and how it is treated.

## **What is convergence insufficiency?**

Convergence insufficiency occurs when the eyes are unable to work together during close tasks like reading, writing, and using a computer. The symptoms of convergence insufficiency may include:

- Diplopia (double vision)
- Headaches while reading
- Trouble concentrating when doing close tasks
- Blurred vision

## **How is convergence insufficiency diagnosed?**

Your child's eye doctor can diagnose convergence insufficiency by taking a history of your child's symptoms and measuring his/her ability to keep images focused at close distances. The eye doctor also examines for refractive errors (like nearsightedness) and misalignment of the eyes.

## **How is convergence insufficiency treated?**

Your child's eye doctor may recommend eye exercises like pencil push-ups that can be done at home or with a vision therapist. The doctor may also recommend using prism glasses.

Most children can improve their convergence insufficiency through therapy. In some cases, the symptoms of convergence insufficiency return, especially with illness or fatigue. Additional therapy can help resolve returning symptoms.

**For more information, scan these codes with your smartphone or visit the websites listed.**



<http://www.aapos.org/terms/conditions/38>

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