

CONVERGENCE INSUFFICIENCY

Why it's so important for reading

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

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

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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.

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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.

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