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A diagnostic guide of selected conditions for helping to identify children who present with visually related reading problems

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A diagnostic guide of selected conditions for helping to identify children who present with visually related reading problems

Abstract
In order to properly identify and treat those children with visually related reading problems, a diagnostic flow chart was developed to assist optometrists with this task. This diagnostic tool addresses ten of the most commonly encountered visual problems associated with reading. It is a "user friendly" product that easily moves between some of the common signs/symptoms presented by your patients and an appropriate diagnostic condition. Within each diagnostic condition are the following sections: a short description, other signs and symptoms, and suggested treatment options for this condition. This diagnostic flow chart and CD are included in the appendix section of this document and is available for anyone's use. Our hope is that optometrists will find this product useful and therefore, children with visually related reading problems will receive the proper treatment so that they can reach their full potential.

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A DIAGNOSTIC GUIDE OF SELECTED CONDITIONS FOR HELPING TO IDENTIFY CHILDREN WHO PRESENT WITH VISUALLY RELATED READING PROBLEMS

PRESENTED BY:

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Dr. Anita McClain, our professor representing the School of Education, who gave of her time, expertise, helpful suggestions, and enthusiasm in developing this product.
ABSTRACT

In order to properly identify and treat those children with visually related reading problems, a diagnostic flow chart was developed to assist optometrists with this task. This diagnostic tool addresses ten of the most commonly encountered visual problems associated with reading. It is a “user friendly” product that easily moves between some of the common signs/symptoms presented by your patients and an appropriate diagnostic condition. Within each diagnostic condition are the following sections: a short description, other signs and symptoms, and suggested treatment options for this condition. This diagnostic flow chart and CD are included in the appendix section of this document and is available for anyone’s use.

Our hope is that optometrists will find this product useful and therefore, children with visually related reading problems will receive the proper treatment so that they can reach their full potential.
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INTRODUCTION

Patients who present with signs/symptoms suggestive of visually related reading problems are effectively treated in a variety of ways. Vision therapy is one treatment option that is available to the optometrist. Vision therapy is not a “cure all” nor is it the only appropriate treatment modality for all patients.

Our goal for developing this product is to provide optometrists with appropriate options for treating patients with visually related reading problems. This product is designed to be “user friendly.” The table of contents lists some of the more common visual signs/symptoms that your patients could have. Each sign/symptom suggests one or more appropriate diagnosis. Within each diagnostic category are three separate sections that can help the optometrist decide if this is the appropriate diagnosis. These three sections are: short description, other signs & symptoms, and treatment options for that particular problem. Several hyperlink keys have been installed to help the optometrist navigate throughout this program more efficiently. Keys such as “Back,” “Next,” and “Back to Table of Contents” can help speed a search through this program. This diagnostic flow chart is found in the appendix section of this document along with the CD version. We are making this product available for anyone’s use.

Hopefully this diagnostic tool will be helpful in your practice. Every child should have the opportunity to enjoy reading for pleasure as well as having the ability to read more efficiently so that they can succeed at school and later on the job.
A Diagnostic Guide of Selected Conditions for Helping to Identify Children Who Present With Visually Related Reading Problems

LITERATURE REVIEW

It is not uncommon for children to present with vision problems that directly affect their learning. Their teachers and/or parents will have identified them as struggling in school (Richman 24-25). Furthermore, when these educators and parents are concerned about this sort of problem they will probably schedule these children to see an eye care specialist. For clinicians, there are three major objectives to consider whenever examining these patients. They are as follows:

1. To find out what learning tasks are deficient,
2. To determine if there is a visual component exacerbating or contributing to the learning dysfunction, and
3. If there is a vision and learning relationship, to provide appropriate treatment, management or referral for the problem.

First one needs to define the nature of the child’s learning problem. A thorough case history will help to determine what types of learning difficulties the child is experiencing. According to Shaywitz, the most frequently studied learning disabilities are the reading disabilities (Shaywitz 998). Therefore, assume that the teacher or parent reports that the child is having reading problems. The next step would be to determine what type of reading problem they are experiencing. One may ask the child to respond to
certain optometric tests. Depending upon their responses, one can determine if the
deficiencies are due to or in combination with reduced comprehension, mechanics of
reading, word order, or recognition of letters.

Suppose two patients are examined. Assume they are both 12-year-old boys
whose teacher and parents have reported they exhibit poor reading comprehension. The
first child is able to correctly pronounce words that are familiar of children his age.
Furthermore, he shows no signs of visual fatigue, eyestrain or discomfort while reading.
Even though he can read for long periods of time, he cannot understand what he just read.
When asked questions about the reading, he is only able to repeat back the exact words
that were found in the text and cannot provide any insight or alternative phrases that
indicate he understands what he just read. Moreover, his comprehension does not
improve when he is read to. Would you suppose, given his case history, that his reading
problem was due to a visual dysfunction? It would seem that there are additional factors
that enter into the picture other than vision. For instance, maybe he has a language
deficiency that is contributing to his reading comprehension problem.

Now consider the second little boy. This child can also identify and decode
words that are familiar to him. However, in contrast to the first child, he shows
decreased performance when required to read for long periods of time. His reading
comprehension further declines when he is asked to read books with small print size.
Frequently he omits words or inserts the wrong word, rereads the same line, or skips lines
altogether. Now, given this case history, would you suppose that a visual dysfunction is
contributing to his reading problem? With this little boy, we would suspect that he has
some problems with his visual system. The eye care specialist should specifically examine the sensory and motor aspects of eye movement and accommodation/vergence skills to help identify where in the visual system this child is having difficulties. These two examples demonstrate how a careful case history can help differentiate visually based learning problems from learning problems caused by other factors.

According to Flax, there are several distinctions between learning to read and reading to learn. These two aspects of reading have different characteristics and visual demands. Let us first consider some of the features in learning to read. In the beginning years of school, the books have large print with few words per page. There may even be pictures that depict what is going on in the story. Furthermore, the reading activity usually lasts for only a short period of time (Flax 367-368).

When learning to read, there are important visual factors that need consideration. At this age, the child should possess accurate oculomotor control. They should also have adequate visual form discrimination and directional orientation. When first learning to read, however, accommodation and vergence skills are of less importance.

In contrast, reading to learn requires longer reading sessions using books with smaller print. There is less dependence on form perception because context, phonic and linguistic cues are used to help these children recognize words. At this point in their education, typically about third grade, the emphasis shifts from the mechanics of reading to comprehension and speed. Because of this, accommodation and vergence skills become much more important. While form perception becomes less important, oculomotor control becomes more important. This aspect of the visual system helps the
student maintain their place while reading as well as preserving what they have just read (Flax 368-371).

Some children may not have any difficulty learning to read because the visual system is not sufficiently taxed to produce signs and symptoms. When the emphasis shifts to reading to learn, those children with fragile or dysfunctional visual systems may begin to exhibit learning problems, in addition to specific signs and symptoms related to these deficiencies (Birnbaum 488).

Oculomotor control, accommodation, binocular vision, and visual perception can affect different subject areas. First, consider oculomotor control. When a student is just beginning to learn to read, precise oculomotor control is necessary in maintaining attention to fine detail and sequential inspection of words. With reading experience, oculomotor control becomes more important for maintaining their place while reading. With inaccurate control, omissions, substitutions and careless errors may result. Poor oculomotor control may also adversely affect reading comprehension. To avoid such errors, students may compensate by drastically slowing their reading rate (Scheiman 137).

Even in subjects like math, oculomotor control is important. Careless errors such as miscopying the numbers or shifting the numbers to the wrong column when adding or subtracting are examples of problems that appear with poor oculomotor control.

Now relate accommodation to learning. Deficiencies in accommodation begin to appear when we transition to more advanced levels of reading, somewhere around third or fourth grade. Here the emphasis in reading shifts from merely decoding words to
speed and comprehension. Books with smaller print compounded with longer reading periods tend to accentuate reading problems. As a result, fatigue will generally appear as one of the primary signs and symptoms experienced by these students. In addition, headaches and blurriness are common. Major problems such as asthenopia or localized eye discomfort, distance blur or slowness of near-far clarity as well as accommodative spasm may also develop. Therefore, the suspicion of accommodative dysfunctions should be heightened for those children in grades three and beyond who are having reading problems (Flax 368-369).

The results from research by Simons and Grisham suggest that binocular vision also affects learning (Simons 585), but primarily for older students. Rarely does it occur when children are just beginning to read. This is probably because sustainability is more important when reading emphasis moves towards speed and comprehension and is usually not a factor when decoding. As the homework level increases, binocular dysfunctions become more identifiable, especially when reading efficiency and comprehension decline. Intense headaches occurring in the occipital lobe as well as in the frontal and temporal lobes are commonly seen when binocular vision is deficient.

Visual perception seems to affect most aspects of learning. In the beginning, word recognition is a major component of reading, as is recalling, matching of shapes, and directional orientation of the letters. When reading shifts to speed and comprehension, visual perception decreases in importance and students are often able to compensate for most visual perception deficits (Flax 371).

Visual spatial abilities are also important to the development of numbers as
quantities. Visualization assists students in understanding spatial relationships in subjects such as geometry and trigonometry. Some students need to visualize the words in order to spell them correctly. Errors occur when these students are unable to do this and instead base the correct spelling on the sound of the words rather than on the perception of the words. Visual perception deficiencies may also appear in writing. However, we must be careful because some of these problems may be due to faulty fine motor control or developmental delays.

It is apparent from this discussion that many visual factors can affect learning. If there is a coexisting learning disorder, these visual difficulties are likely to compound their frustration and become barriers to progress. Since deficiencies can result in obvious learning difficulties for students, it is necessary for the eye care professional to properly diagnose, treat and manage or refer these patients. Before this can be done, however, there are certain signs and symptoms that would cue the parent, teacher or eye care professional into identifying those children who have visual dysfunctions that may affect learning. For organizational purposes, these are grouped into three broad categories: signs and symptoms that are physical in nature, those that result from the visual condition, and those that result from adaptive mechanisms from the visual condition.

The first category is the most frequently observed and causes the patient considerable discomfort or even pain. The three most commonly reported physical signs and symptoms include headaches (eye-ache), fatigue or eyestrain while reading, and double vision that may manifest with a misaligned eye (Hennessey 177). Any of these
problems could interfere with learning because attention and effort is diverted from the reading material. Other physical responses include tearing of the eyes, nausea, dizziness, sensitivity to light, and blurred vision that is especially prevalent at near.

There is a lengthy list of signs and symptoms that result from the visual condition itself. All of those listed below cause considerable problems for the reader and could interfere with learning efficiency. The most common problem from this group is reduced or inefficient comprehension. The remaining signs and symptoms include: difficulty changing focus from near to far, errors in visual judgment, reduced stereopsis or depth perception, less efficient visual performance in sports, poor eye-hand coordination, short attention span, excessive rubbing of the eyes, frequent loss of place while reading, omission of words, and skipping lines. Any of these problems could hinder reading performance. The problems compound when the patient presents with more than one of these conditions.

The final category considers those signs and symptoms that are compensatory mechanisms from the deficient condition. Three of these problems occur most frequently in patients who present with visual dysfunctions that affect learning. These include: suppression of vision in a turned eye, covering one eye or turning one's head while reading or watching T.V., and finally, avoidance of near tasks, especially reading. These behaviors represent more of an indication of poor eye movements. Other examples of this include finger reading and excessive head movements while reading. Again, the body compensates to alleviate uncomfortable or painful physical signs and symptoms. These compensatory behaviors are only short term "cures" because when the condition is
further ignored or left untreated, the problem becomes worse.

Once a patient has been identified and diagnosed with a specific visual dysfunction, there are several therapies to consider that may help minimize or eliminate the problem. The two most commonly prescribed treatments are spectacle or contact lenses and vision therapy (Dwyer 224-225). Studies show that both of these methods achieve great success in patients presenting with many of these learning related visual dysfunctions (Gallaway 85 and Hellerstein 624-625). Other therapies that could complement the two mentioned above include the following: maintain the appropriate distances for reading and near work, 33 cm. for children and 40 cm. for adults, using the appropriate amount of light while reading which requires the light to be brighter on the reading material than the surrounding area, without glare. Other therapies include taking frequent rest breaks as needed, patching the eye as appropriately prescribed, educating the patient about the eye condition, and finally, allowing additional time to complete the reading or near point activity.

It is important that parents, teachers, and eye care professionals become aware that faulty vision can contribute to reading difficulties in children. There are several treatment options available, of which vision therapy is just one option. By properly identifying children who could benefit from such therapy, these children can learn to read more efficiently with better comprehension.
REFERENCES


APPENDIX

A Diagnostic Guide of Selected Conditions for Helping to Identify Children Who Present With Visually Related Reading Problems

(CD version is included on the back cover of this document)
INTRODUCTION
A Diagnostic Guide of Selected Conditions For Helping to Identify Children Who Present With Visually Related Reading Problems

We hope that this diagnostic tool will be helpful in your practice. We encourage the use of any part of this product for the benefit of your patients. However, use of this product for profit making ventures is not authorized without written consent from the authors (Scott A. McPherson, 2043 College Way, Forest Grove, OR 97116).

We believe that every child should have the opportunity to enjoy reading for pleasure as well as having the ability to read more efficiently so that they can succeed at school and later in their chosen profession.

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Abnormal Head Posture

- Possible Condition
- Strabismus

Abnormal Head Posture Strabismus

- Short Description
- Other Signs and Symptoms
- Treatment

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Abnormal Head Posture
Strabismus

Short Description
A term used when one of the patient's eyes do not align properly i.e. one eye is "turning" with respect to the other. Most often presents as a result of imbalance in visual acuities, vascular disorders, tumors or inflammation. Consider genetic factors, developmental anomalies or trauma.

Other Signs and Symptoms
- Covering one eye or turning the head while reading
- Decreased stereopsis
- Double vision
- Errors in visual judgment
- Eye turn or misalignment of one eye
- Misalignment of one eye or eye turn
- Suppression vision of one eye

Treatment
- Lenses
- Prism
- Prescribed regimen of patching or occluding one eye
- Vision therapy as needed
- Pharmacological therapy
- Refer if condition is severe (extraocular muscle surgery may be necessary)

Avoidance of Near Tasks
Accommodative Insufficiency

Short Description
A term used when a patient's focusing skills are not adequate and are below expected norms. Commonly affecting school age children with uncorrected hyperopia, vergence problems, general fatigue and stress. Other considerations include excessive near point work, ocular/systemic diseases, emotional problems, age, drugs and medication.

Note: Contrast to age-related loss of accommodation (presbyopia)
Avoidance of Near Tasks
Accommodative Insufficiency

- Other Signs and Symptoms
  - Blurry vision at near
  - Fatigue or eye strain
  - Headache or eye ache
  - Reduced reading comprehension
  - Short attention span

Avoidance of Near Tasks
Binocular Dysfunction

- Short Description
- Other Signs and Symptoms
- Treatment

Avoidance of Near Tasks
Binocular Dysfunction

- Other Signs and Symptoms
  - Blurry vision at near and far
  - Covering one eye or turning the head while reading
  - Difficulty changing focus
  - Double vision
  - Excessive rubbing of the eyes
  - Fatigue or eye strain
  - Headache or eye ache
  - Reduced reading comprehension
  - Sensitivity to light

Avoidance of Near Tasks
Accommodative Insufficiency

- Treatment
  - Plus lenses
  - Vision therapy – programmed activities to improve accommodative ability
  - Combination of lenses and vision therapy
  - Maintain appropriate reading distances – 33 cm. for children, 40 cm. for adults
Avoidance of Near Tasks
Convergence Insufficiency

- Short Description
- Other Signs and Symptoms
- Treatment

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Avoidance of Near Tasks
Convergence Insufficiency

- Short Description
- A term used when the eye's inward aiming skill is inadequate and below expected norms. Some causes of this condition include visual stress, fatigue, illness, drugs, aging and genetic factors.

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Avoidance of Near Tasks
Convergence Insufficiency

- Other Signs and Symptoms
  - Double vision (especially at reading distance)
  - Fatigue or eyestrain
  - Headache or eye ache
  - Reduced reading comprehension
  - Short attention span
  - Suppression vision of one eye

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Blurry Vision at Near
Accommodative Insufficiency

- Possible Conditions
  - Accommodative Insufficiency
  - Convergence Excess

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Blurry Vision at Near Accommodative Insufficiency

- **Short Description**
  - A term used when a patient's focusing skills are not adequate and are below expected norms. Commonly affecting school-age children with uncorrected hyperopia, vergence problems, general fatigue, and stress. Other considerations include excessive near point work, ocular/systemic diseases, emotional problems, age, drugs, and medication.
  - **Note:** Contrast to age-related loss of accommodation (presbyopia).

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Blurry Vision at Near Convergence Excess

- **Short Description**
  - A term used when the eyes tend to aim excessively inward in front of the near target that the patient is focusing. Patients with this condition commonly have uncorrected hyperopia or visual stress. Also consider local inflammation, central nervous system lesions or some drugs.

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Blurry Vision at Near Accommodative Insufficiency

- **Treatment**
  - Plus lenses
  - Vision therapy - programmed activities to improve accommodative ability
  - Combination of lenses and vision therapy
  - Maintain appropriate reading distances - 33 cm. for children, 40 cm. for adults

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---

Blurry Vision at Near Convergence Excess

- **Other Signs and Symptoms**
  - Avoidance of near tasks
  - Fatigue or eye strain
  - Headaches or eye ache
  - Reduced reading comprehension
  - Short attention span

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Blurry Vision at Near Convergence Excess

- **Other Signs and Symptoms**
  - Double vision
  - Fatigue or eyestrain
  - Headache or eye ache
  - Reduced reading comprehension
  - Short attention span
  - Suppression vision of one eye

- BACK
Blurry Vision at Near Convergence Excess

- Treatment
  - Plus lenses
  - Prism
  - Vision therapy – improve relationship between convergence and accommodation and also improve divergence skills
  - Keep appropriate reading distances – 33 cm. for children, 40 cm. for adults
  - Use good lighting when reading or doing near work

Blurry Vision at Both Near and Far Binocular Dysfunction

- Possible Conditions
  - Binocular Dysfunction

Blurry Vision at Both Near and Far Binocular Dysfunction

- Short Description
  - A generic term used when one or both of the accommodative or vergence systems are not functioning efficiently and performance is below expected norms. This term is also applied when a more formal diagnostic syndrome is not clearly defined. Commonly caused by general fatigue, uncompensated refractive condition, or repeated or prolonged visual stress. Adults may develop this condition with prolonged or repetitive computer use or other extended activities within arms reach. Also consider ocular or systemic diseases, drugs, medication and emotional problems.

- Treatment
  - Lenses for clear vision
  - Plus lenses at near
  - Prism
  - Vision therapy – specific to the type of dysfunction; improve relationship between accommodative and vergence system
  - Use good lighting while reading
  - Appropriate reading distance – 33 cm. for children, 40 cm. for adults
  - Rest breaks for computer and video game users

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**Blurry Vision at Far Divergence Excess**

- **Possible Conditions**
  - Divergence Excess

- **Short Description**
  - A term used when the patient's eyes tend to aim outward beyond what is comfortable and in excess of established norms. Postulated to arise during early infancy from near point stress because the accommodative and vergence system is developing. Excessive divergence response to lateral recti. Also consider genetic factors.

- **Treatment**
  - Minus lenses at distance; plus lenses at near
  - Prism
  - Vision therapy – improve relationship between accommodation and vergence
  - Refer in severe cases (extraocular muscle surgery may be necessary)

- **Other Signs and Symptoms**
  - Double vision
  - Fatigue or eyestrain
  - Headache or eye ache
  - Sensitivity to light
  - Suppression vision of one eye

- **Covering One Eye or Turning the Head While Reading**

- **Possible Conditions**
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  - Strabismus
Covering One Eye or Turning the Head While Reading
Binocular Dysfunction

- Short Description
- Other Signs and Symptoms
- Treatment

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Covering One Eye or Turning the Head While Reading
Binocular Dysfunction

- Short Description
  - A generic term used when one or both of the accommodative or vergence systems are not functioning efficiently and performance is below expected norms. This term is also applied when a more formal diagnostic syndrome is not clearly defined. Commonly caused by general fatigue, uncompensated refractive condition, repeated or prolonged visual stress. Adults may develop this condition with prolonged or repetitive computer use or other extended activities within arms reach. Also consider ocular or systemic diseases, drugs, medication and emotional problems.
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Covering One Eye or Turning the Head While Reading
Binocular Dysfunction

- Other Signs and Symptoms
  - Avoidance of near tasks
  - Blurry vision at near and far
  - Difficulty changing focus
  - Double vision
  - Excessive rubbing of the eyes
  - Fatigue or eyestrain
  - Headache or eye ache
  - Reduced reading comprehension
  - Sensitivity to light
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Covering One Eye or Turning the Head While Reading
Strabismus

- Short Description
- Other Signs and Symptoms
- Treatment

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Covering One Eye or Turning the Head While Reading
Strabismus

- Short Description
  - A term used when one of the patient's eyes do not align properly i.e. one eye is "turning" with respect to the other. Most often presents as a result of imbalance in visual acuities, vascular disorders, tumors or inflammation. Consider genetic factors, developmental anomalies or trauma.
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Covering One Eye or Turning the Head While Reading

Strabismus

- Other Signs and Symptoms
  - Abnormal head posture
  - Decreased stereopsis
  - Double vision
  - Errors in visual judgment
  - Eye turn or misalignment of one eye
  - Misalignment of one eye or eye turn
  - Suppression vision of one eye

Treatment

- Lenses
- Prisms
- Prescribed regimen of patching or occluding one eye
- Vision therapy as needed
- Pharmacological therapy
- Refer if condition is severe (extraocular muscle surgery may be necessary)

Decreased Stereopsis

- Possible Conditions
  - Amblyopia
  - Strabismus
  - Suppression

Amblyopia

- Short Description
- Other Signs and Symptoms
- Treatment

Decreased Stereopsis

- Amblyopia

- Short Description
- Other Signs and Symptoms
- Treatment

Decreased Stereopsis

- Amblyopia

- Short Description
- Other Signs and Symptoms
- Decreased stereopsis
- Errors in visual judgment
- Noticeable blur when better eye covered

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Decreased Stereopsis
Amblyopia

- Treatment
  - Wear prescribed lenses full time
  - Patching the better eye as appropriately prescribed
  - Treat other causative factors i.e. strabismus
  - Vision therapy
  - Patient awareness of precautions associated with decreased depth perception
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Decreased Stereopsis
Strabismus

- Short Description
- Other Signs and Symptoms
- Treatment

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Decreased Stereopsis
Strabismus

- Other Signs and Symptoms
  - Abnormal head posture
  - Covering one eye or turning the head while reading
  - Double vision
  - Errors in visual judgment
  - Eye turn or misalignment of one eye
  - Misalignment of one eye or eye turn
  - Suppression vision of one eye
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Decreased Stereopsis
Strabismus

- Treatment
  - Lenses
  - Prism
  - Prescribed regimes of patching or occluding one eye
  - Vision therapy as needed
  - Pharmacological therapy
  - Refer is condition is severe (extraocular muscle surgery may be necessary)
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Decreased Stereopsis
Suppression

- Short Description
- Other Signs and Symptoms
- Treatment

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Decreased Stereopsis

- **Short Description**
  - A term used when the image or part of an image from one eye is perceptually “ignored.” It is a means of eliminating conflicting or confusing visual information from binocular viewing i.e. double vision. Frequently caused by a turned eye, lazy eye or a significantly different refractive power between each eye.

- **Treatment**
  - Compensating lenses
  - Prescribed regimen of patching or occluding one eye
  - Vision therapy – increased binocular function and visual performance

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Difficulty Changing Focus

- **Short Description**
  - A generic term used when one or both of the accommodative or vergence systems are not functioning efficiently and performance is below expected norms. This term is also applied when a more formal diagnostic syndrome is not clearly defined. Commonly caused by general fatigue, uncompensated refractive condition, repeated or prolonged visual stress. Adults may develop this condition with prolonged or repetitive computer use or other extended activities within arms reach. Also consider ocular or systemic diseases, drug, medication and emotional problems.

- **Possible Conditions**
  - Binocular Dysfunction

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Difficulty Changing Focus
Binocular Dysfunction

Other Signs and Symptoms
- Avoidance of near tasks
- Blurry vision at near and far
- Covering one eye or turning the head while reading
- Double vision
- Excessive rubbing of the eyes
- Fatigue or eyestrain
- Headache or eye ache
- Reduced reading comprehension
- Sensitivity to light

Difficulty Changing Focus
Binocular Dysfunction

Treatment
- Lenses for clear vision
- Plus lenses at near
- Prism
- Vision therapy - specific to the type of dysfunction; improve relationship between accommodative and vergence system
- Use good lighting while reading
- Appropriate reading distance: 33 cm. for children, 40 cm. for adults
- Rest breaks for computer and video game users

Double Vision

Possible Conditions
- Binocular Dysfunction
- Convergence Excess
- Convergence Insufficiency
- Divergence Excess
- Divergence Insufficiency
- Strabismus

Double Vision
Binocular Dysfunction

Short Description
- A generic term used when one or both of the accommodative or vergence systems are not functioning efficiently and performance is below expected norms. This term is also applied when a more formal diagnostic syndrome is not clearly defined. Commonly caused by general fatigue, uncompensated refractive condition, repeated or prolonged visual stress. Adults may develop this condition with prolonged or repetitive computer use or other extended activities within arm's reach. Also consider ocular or systemic diseases, drugs, medication and emotional problems.

Double Vision
Binocular Dysfunction

Other Signs and Symptoms
- Avoidance of near tasks
- Blurry vision at near and far
- Covering one eye or turning the head while reading
- Difficulty changing focus
- Excessive rubbing of the eyes
- Fatigue or eyestrain
- Headache or eye ache
- Reduced reading comprehension
- Sensitivity to light

Double Vision
Binocular Dysfunction

Other Signs and Symptoms
- Avoidance of near tasks
- Blurry vision at near and far
- Covering one eye or turning the head while reading
- Difficulty changing focus
- Excessive rubbing of the eyes
- Fatigue or eyestrain
- Headache or eye ache
- Reduced reading comprehension
- Sensitivity to light

Double Vision
Binocular Dysfunction

Short Description
- A generic term used when one or both of the accommodative or vergence systems are not functioning efficiently and performance is below expected norms. This term is also applied when a more formal diagnostic syndrome is not clearly defined. Commonly caused by general fatigue, uncompensated refractive condition, repeated or prolonged visual stress. Adults may develop this condition with prolonged or repetitive computer use or other extended activities within arm's reach. Also consider ocular or systemic diseases, drugs, medication and emotional problems.

Double Vision
Binocular Dysfunction

Other Signs and Symptoms
- Avoidance of near tasks
- Blurry vision at near and far
- Covering one eye or turning the head while reading
- Difficulty changing focus
- Excessive rubbing of the eyes
- Fatigue or eyestrain
- Headache or eye ache
- Reduced reading comprehension
- Sensitivity to light

Double Vision
Binocular Dysfunction

Short Description
- A generic term used when one or both of the accommodative or vergence systems are not functioning efficiently and performance is below expected norms. This term is also applied when a more formal diagnostic syndrome is not clearly defined. Commonly caused by general fatigue, uncompensated refractive condition, repeated or prolonged visual stress. Adults may develop this condition with prolonged or repetitive computer use or other extended activities within arm's reach. Also consider ocular or systemic diseases, drugs, medication and emotional problems.

Double Vision
Binocular Dysfunction

Other Signs and Symptoms
- Avoidance of near tasks
- Blurry vision at near and far
- Covering one eye or turning the head while reading
- Difficulty changing focus
- Excessive rubbing of the eyes
- Fatigue or eyestrain
- Headache or eye ache
- Reduced reading comprehension
- Sensitivity to light
Double Vision
Binocular Dysfunction
● Treatment
   ▪ Lenses for clear vision
   ▪ Plus lenses at near
   ▪ Prisms
   ▪ Vision therapy – specific to the type of dysfunction, improve relationship between accommodative and vergence system
   ▪ Use good lighting while reading
   ▪ Appropriate reading distance - 33 cm for children, 40 cm for adults
   ▪ Rest breaks for computer and video game users
   ▪ BACK

Double Vision
Convergence Excess
● Short Description
   ▪ A term used when the eyes tend to aim excessively inward in front of the near target that the patient is focusing. Patients with this condition commonly have uncorrected hyperopia or visual stress. Also consider local inflammation, central nervous system lesions or some drugs.
   ▪ BACK

Double Vision
Convergence Excess
● Other Signs and Symptoms
   ▪ Fatigue or eyestrain
   ▪ Headache or eye ache
   ▪ Reduced reading comprehension
   ▪ Short attention span
   ▪ Suppression vision of one eye
   ▪ BACK

Double Vision
Convergence Insufficiency
● Short Description
   ▪ Vision therapy – improve relationship between convergence and accommodation and also improve divergence skills
   ▪ Keep appropriate reading distances, 33 cm for children, 40 cm for adults
   ▪ Use good lighting when reading or doing near work
   ▪ BACK

Double Vision
Convergence Excess
● Treatment
   ▪ Plus lenses
   ▪ Prisms
   ▪ Vision therapy
   ▪ Use good lighting while reading
   ▪ Appropriate reading distance
   ▪ Rest breaks for computer and video game users
   ▪ BACK to Table of Contents

Other Signs and Symptoms
- Blurry vision at near
- Fatigue or eyestrain
- Headache or eye ache
- Reduced reading comprehension
- Short attention span
- Suppression vision of one eye

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Double Vision
Convergence Insufficiency

Short Description

A term used when the eye's inward aiming skill is inadequate and below expected norms. Some causes of this condition include: visual stress, fatigue, illness, drugs, aging and genetic factors.

Other Signs and Symptoms

Avoidance of near tasks
Fatigue or eyestrain
Headache or eye ache
Reduced reading comprehension
Short attention span
Suppression vision of one eye

Treatment

Wearing prescribed lenses
Vision therapy to increase patient's convergence ability
Use good lighting when reading
Prism sometimes prescribed, but less often

Double Vision
Divergence Excess

Short Description

A term used when the patient's eyes tend to aim outward beyond what is comfortable and in excess of established norms. Postulated to arise during early infancy from near point stress because the accommodative and vergence system is developing. Excessive divergence response to lateral recti. Also consider genetic factors.

Other Signs and Symptoms

Blurry vision at far
Fatigue or eyestrain
Headache or eye ache
Sensitivity to light
Suppression vision of one eye

Treatment

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Double Vision Divergence Excess

- Treatment
  - Minus lenses at distance; plus lenses at near
  - Prism
  - Vision therapy - improve relationship between accommodation and vergence
  - Refer in severe cases (extraocular muscle surgery may be necessary)

BACK

Double Vision Divergence Insufficiency

- Short Description
  - A term used when the outward aiming skill of the patient's eyes are inadequate and below expected norms. This condition often presents in childhood when accommodation and vergence skills are developing.

BACK

Double Vision Divergence Insufficiency

- Treatment
  - Prism
  - Vision therapy - improve divergence ability
  - Refer in severe cases (extraocular muscle surgery may be necessary)

BACK

Double Vision Strabismus

- Short Description
- Other Signs and Symptoms
- Treatment

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### Double Vision

#### Strabismus

**Short Description**

A term used when one of the patient's eyes do not align properly i.e. one eye is "turning" with respect to the other. Most often presents as a result of imbalance in visual acuities of each eye, vascular disorders, tumors or inflammation. Consider genetic factors, developmental anomalies or trauma.

#### Other Signs and Symptoms

- Abnormal head posture
- Covering one eye or turning the head while reading
- Decreased stereopsis
- Errors in visual judgment
- Eye turn or misalignment of one eye
- Misalignment of one eye or eye turn
- Suppression vision of one eye

#### Treatment

- Lenses
- Prism
- Prescribed regimen of patching or occluding one eye
- Vision therapy as needed
- Pharmacological therapy
- Refer if condition is severe (extraocular muscle surgery may be necessary)

### Errors in Visual Judgment

#### Amblyopia

**Short Description**

A condition where the best visual acuity is below normal in one or both eyes in the absence of any structural anomalies or ocular disease. Spectacles or contact lenses will not immediately correct this condition. This condition occurs during early development and is caused by form deprivation and/or abnormal binocularity. Other considerations include: high uncompensated refractive conditions; unequal refractive conditions between the eyes; constant unilateral strabismus; congenital cataract; corneal opacity; psychogenic or organic causes such as high stress, malingering, reduced visual acuity secondary to nutritional deficiency or drugs.

#### Possible Condition

- Amblyopia
- Strabismus
- Suppression

### Errors in Visual Judgment

#### Amblyopia

**Short Description**

- A condition where the best visual acuity is below normal in one or both eyes in the absence of any structural anomalies or ocular disease. Spectacles or contact lenses will not immediately correct this condition. This condition occurs during early development and is caused by form deprivation and/or abnormal binocularity. Other considerations include: high uncompensated refractive conditions; unequal refractive conditions between the eyes; constant unilateral strabismus; congenital cataract; corneal opacity; psychogenic or organic causes such as high stress, malingering, reduced visual acuity secondary to nutritional deficiency or drugs.

**Other Signs and Symptoms**

- Abnormal head posture
- Covering one eye or turning the head while reading
- Decreased stereopsis
- Errors in visual judgment
- Eye turn or misalignment of one eye
- Misalignment of one eye or eye turn
- Suppression vision of one eye

**Treatment**

- Lenses
- Prism
- Prescribed regimen of patching or occluding one eye
- Vision therapy as needed
- Pharmacological therapy
- Refer if condition is severe (extraocular muscle surgery may be necessary)
Errors in Visual Judgment

Amblyopia

- Other Signs and Symptoms
  - Decreased stereopsis
  - Noticeable blur when better eye covered

Treatment
- Wear prescribed lenses full time
- Patching the better eye as appropriately prescribed
- Treat other causative factors i.e. strabismus
- Vision therapy
- Patient awareness of precautions associated with decreased depth perception

Strabismus

- Short Description
  - A term used when one of the patient's eyes do not align properly i.e. one eye is "turning" with respect to the other. Most often presents as a result of imbalance in visual acuities of each eye, vascular disorders, tumors or inflammation. Consider genetic factors, developmental anomalies or trauma.

- Other Signs and Symptoms
  - Abnormal head posture
  - Covering one eye or turning the head while reading
  - Decreased stereopsis
  - Double vision
  - Eye turn or misalignment of one eye
  - Misalignment of one eye or eye turn
  - Suppression vision of one eye

- Treatment
  - Lenses
  - Prisms
  - Prescribed regimen of patching or occluding one eye
  - Vision therapy as needed
  - Pharmacological therapy
  - Refer if condition is severe (extraocular muscle surgery may be necessary)

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Errors in Visual Judgment

Suppression

- Short Description
  
  A term used when the image or part of an image from one eye is perceptually “ignored.” It is a means of eliminating conflicting or confusing visual information from binocular viewing i.e. double vision. Frequently caused by a turned eye, lazy eye or a significantly different refractive power between each eye.

- Other Signs and Symptoms
  
  - Decreased stereopsis
  - Eye turn or misalignment of one eye
  - Misalignment of one eye or eye turn
  - Suppression vision of one eye

- Treatment
  
  - Compensating lenses
  - Prescribed regimen of patching or occluding one eye
  - Vision therapy – increased binocular function and visual performance

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Excessive Rubbing of the Eyes

- Possible Condition
  
  Binocular Dysfunction
Excessive Rubbing of the Eyes
Binocular Dysfunction

- Short Description
  - A generic term used when one or both of the accommodative or vergence systems are not functioning efficiently and performance is below expected norms. This term is also applied when a more formal diagnostic syndrome is not clearly defined. Commonly caused by general fatigue, uncompensated refractive condition, repeated or prolonged visual stress. Adults may develop this condition with prolonged or repetitive computer use or other extended activities within arm’s reach. Also consider ocular or systemic diseases, drugs, medication and emotional problems.

- Treatment
  - Lenses for clear vision
  - Plus lenses at near
  - Prism
  - Vision therapy – specific to the type of dysfunction; improve relationship between accommodative and vergence system.
  - Use good lighting while reading
  - Appropriate reading distance – 33 cm. for children, 40 cm. for adults
  - Rest breaks for computer and video game users

Eye Turn or Misalignment of One Eye
Strabismus

- Short Description
  - A term used when one of the patient’s eyes do not align properly i.e. one eye is “turning” with respect to the other. Most often presents as a result of imbalance in visual acuities, vascular disorders, tumors or inflammation. Consider genetic factors, developmental anomalies or trauma.

- Possible Conditions
  - Strabismus
  - Suppression
Eye Turn or Misalignment of One Eye

Strabismus

- Other Signs and Symptoms
  - Abnormal head posture
  - Covering one eye or turning the head while reading
  - Decreased stereopsis
  - Double vision
  - Errors in visual judgment
  - Misalignment of one eye or eye turn
  - Suppression vision of one eye
- BACK

Other Signs and Symptoms

- Abnormal head posture
- Covering one eye or turning the head while reading
- Decreased stereopsis
- Double vision
- Errors in visual judgment
- Misalignment of one eye or eye turn
- Suppression vision of one eye

Treatment

- Lenses
- Prisms
- Prescribed regimen of patching or occluding one eye
- Vision therapy as needed
- Pharmacological therapy
- Refer if condition is severe (extraocular muscle surgery may be necessary)
- BACK

Short Description

- A term used when the image or part of an image from one eye is perceptually “ignored.” It is a means of eliminating conflicting or confusing visual information from binocular viewing i.e. double vision. Frequently caused by a turned eye, lazy eye or a significantly different refractive power between each eye.

Treatment

- Compensating lenses
- Prescribed regimen of patching or occluding one eye
- Vision therapy – increased binocular function and visual performance
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Fatigue or Eyestrain

Possible Conditions
- Accommodative Insufficiency
- Binocular Dysfunction
- Convergence Excess
- Convergence Insufficiency
- Divergence Excess
- Divergence Insufficiency
- Oculomotor Dysfunction

Accommodative Insufficiency

Short Description
A term used when a patient's focusing skills are not adequate and are below expected norms. Commonly affecting school age children with uncorrected hyperopia, vergence problems, general fatigue and stress. Other considerations include excessive near point work, ocular/systemic diseases, emotional problems, age, drugs and medication.

Note: Contrast to age-related loss of accommodation (presbyopia)

Other Signs and Symptoms
- Avoidance of near tasks
- Blurry vision at near
- Headaches or eye ache
- Reduced reading comprehension
- Short attention span

Treatment
- Plus lenses
- Vision therapy – programmed activities to improve accommodative ability
- Combination of lenses and vision therapy
- Maintain appropriate reading distances - 33 cm. for children, 40 cm. for adults

Binocular Dysfunction

Short Description

Other Signs and Symptoms
- Avoidance of near tasks
- Blurry vision at near
- Headaches or eye ache
- Reduced reading comprehension
- Short attention span

Treatment
### Fatigue or Eyestrain
#### Binocular Dysfunction

**Short Description**
- A generic term used when one or both of the accommodative or vergence systems are not functioning efficiently and performance is below expected norms. This term is also applied when a more formal diagnostic syndrome is not clearly defined. Commonly caused by general fatigue, uncompensated refractive condition, repeated or prolonged visual stress. Adults may develop this condition with prolonged or repetitive computer use or other extended activities within arm's reach. Also consider ocular or systemic diseases, drugs, medication and emotional problems.

**Other Signs and Symptoms**
- Avoidance of near tasks
- Blurry vision at near and far
- Covering one eye or turning the head while reading
- Difficulty changing focus
- Double vision
- Excessive rubbing of the eyes
- Headache or eye ache
- Reduced reading comprehension
- Sensitivity to light

**Treatment**
- Lenses for clear vision
- Plus lenses at near
- Prism
- Vision therapy – specific to the type of dysfunction; improve relationship between accommodative and vergence system
- Use good lighting while reading
- Appropriate reading distance - 33 cm. for children, 40 cm. for adults
- Rest breaks for computer and video game users

**BACK**

### Fatigue or Eyestrain
#### Convergence Excess

**Short Description**
- A term used when the eyes tend to aim excessively inward in front of the near target that the patient is focusing. Patients with this condition commonly have uncorrected hyperopia or visual stress. Also consider local inflammation, central nervous system lesions or some drugs.

**Other Signs and Symptoms**
- Blurry vision at near
- Double vision
- Headache or eye ache
- Reduced reading comprehension
- Short attention span
- Suppression vision of one eye

**Treatment**
- Lenses for clear vision
- Plus lenses at near
- Prism
- Vision therapy – specific to the type of dysfunction; improve relationship between accommodative and vergence system
- Use good lighting while reading
- Appropriate reading distance - 33 cm. for children, 40 cm. for adults
- Rest breaks for computer and video game users

**BACK**
Fatigue or Eyestrain
Convergence Excess

- Treatment
  - Plus lenses
  - Prism
  - Vision therapy – improve relationship between convergence and accommodation and also improve divergence skills
  - Keep appropriate reading distances – 33 cm. for children, 40 cm for adults
  - Use good lighting when reading or doing near work

- BACK

Fatigue or Eyestrain
Convergence Insufficiency

- Short Description
  - A term used when the eye’s inward aiming skill is inadequate and below expected norms. Some causes of this condition include: visual stress, fatigue, illness, drugs, aging and genetic factors.

- BACK

Fatigue or Eyestrain
Convergence Insufficiency

- Other Signs and Symptoms
  - Avoidance of near tasks
  - Double vision (especially at reading distance)
  - Headache or eye ache
  - Reduced reading comprehension
  - Short attention span
  - Suppression vision of one eye

- Treatment

- BACK

Fatigue or Eyestrain
Convergence Insufficiency

- Divergence Excess

- Short Description

- OTHER SIGNS AND SYMPTOMS
  - Treatment

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Fatigue or Eyestrain
Divergence Excess

- Short Description
  - A term used when the patient’s eyes tend to aim outward beyond what is comfortable and in excess of established norms. Postulated to arise during early infancy from near point stress because the accommodative and vergence system is developing. Excessive divergence response to lateral recti. Also consider genetic factors.

- BACK

Fatigue or Eyestrain
Divergence Excess

- Other Signs and Symptoms
  - Blurry vision at far
  - Double vision
  - Headache or eye ache
  - Sensitivity to light
  - Suppression vision of one eye

- BACK

Fatigue or Eyestrain
Divergence Insufficiency

- Short Description
  - A term used when the outward aiming skill of the patient’s eyes are inadequate and below expected norms. This condition often presents in childhood when accommodation and vergence skills are developing.

- BACK

Fatigue or Eyestrain
Divergence Insufficiency

- Other Signs and Symptoms
  - Double vision
  - Headache or eye ache
  - Sensitivity to light
  - Suppression vision of one eye

- BACK

Fatigue or Eyestrain
Divergence Insufficiency

- Other Signs and Symptoms
  - Double vision
  - Headache or eye ache
  - Sensitivity to light
  - Suppression vision of one eye

- BACK
Fatigue or Eyestrain
Divergence Insufficiency

- Treatment
  - Prism
  - Vision therapy — improve divergence ability
  - Refer in severe cases (extraocular muscle surgery may be necessary)

- BACK

Oculomotor Dysfunction

- Short Description
  - A condition where the quality of the eye movements are poor. Areas of deficiency include: fixation maintenance, saccadic and/or pursuit eye movements. This is a functional disorder with no significant underlying pathology. May be caused by: poor visual acuity, fatigue, lack of attention/motivation, emotional stress, drug effects, hyperkinesis or possibly oculomotor skills never learned adequately during development. Other considerations include left-right confusion and delay in some aspects of visual perceptual development.

- BACK

Other Signs and Symptoms

- Finger reading
  - Head movement when reading
  - Omission of words
  - Reduced reading comprehension
  - Short attention span
  - Skipping lines

- BACK

Treatment

- Wear prescribed lenses
- Address any coexisting vergence and/or accommodative disorder
- Vision therapy to improve deficient oculomotor skills (fixations, pursuits and saccades)

- BACK

Fatigue or Eyestrain
Oculomotor Dysfunction

- Short Description
- Other Signs and Symptoms
- Treatment

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Finger Reading

- Possible Condition
  - Oculomotor Dysfunction
Finger Reading
Oculomotor Dysfunction

- Short Description
- Other Signs and Symptoms
- Treatment

Frequent Loss of Place

- Possible Condition
  - Oculomotor Dysfunction

Finger Reading
Oculomotor Dysfunction

- Short Description
  - A condition where the quality of the eye movements are poor. Areas of deficiency include: fixation maintenance, saccadic and/or pursuit eye movements. This is a functional disorder with no significant underlying pathology. May be caused by: poor visual acuity, fatigue, lack of attention/motivation, emotional stress, drug effects, hyperkinesis or possibly oculomotor skills never learned adequately during development. Other considerations include left-right confusion and delay in some aspects of visual perceptual development.

- Treatment
  - Wear prescribed lenses
  - Address any coexisting vergence and/or accommodative disorder
  - Vision therapy to improve deficient oculomotor skills (fixations, pursuits and saccades)

Frequent Loss of Place
Oculomotor Dysfunction

- Short Description
  - Other Signs and Symptoms
  - Treatment

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Frequent Loss of Place
Oculomotor Dysfunction

- Short Description
  - A condition where the quality of the eye movements are poor.
  - Areas of deficiency include: fixation maintenance, saccadic and/or pursuit eye movements. This is a functional disorder with no significant underlying pathology. May be caused by: poor visual acuity, fatigue, lack of attention/motivation, emotional stress, drug effects, hyperkinesis or possibly oculomotor skills never learned adequately during development. Other considerations include left-right confusion and delay in some aspects of visual perceptual development.

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Frequent Loss of Place
Oculomotor Dysfunction

- Treatment
  - Wear prescribed lenses
  - Address any coexisting vergence and/or accommodative disorder
  - Vision therapy to improve deficient oculomotor skills (fixations, pursuits and saccades)

- BACK

Headache or Eye Ache
Accommodative Insufficiency

- Short Description
  - A term used when a patient's focusing skills are not adequate and are below expected norms. Commonly affecting school age children with uncorrected hyperopia, vergence problems, general fatigue and stress. Other considerations include excessive near point work, ocular/systemic diseases, emotional problems, age, drugs and medication.

- Note: Contrast to age-related loss of accommodation (presbyopia)

- BACK
Headache or Eye Ache

**Accommodative Insufficiency**

- Other Signs and Symptoms
  - Avoidance of near tasks
  - Blurry vision at near
  - Fatigue or eyestrain
  - Reduced reading comprehension
  - Short attention span

**Treatment**
- Plus lenses
- Vision therapy - programmed activities to improve accommodative ability
- Combination of lenses and vision therapy
- Maintain appropriate reading distances - 33 cm. for children, 40 cm. for adults

---

Headache or Eye Ache

**Binocular Dysfunction**

- Short Description
- A generic term used when one or both of the accommodative or vergence systems are not functioning efficiently and performance is below expected norms. This term is also applied when a more formal diagnostic syndrome is not clearly defined. Commonly caused by general fatigue, uncompensated refractive condition, repeated or prolonged visual stress. Adults may develop this condition with prolonged or repetitive computer use or other extended activities within arms reach. Also consider ocular or systemic diseases, drugs, medication and emotional problems.

**Treatment**
- Lenses for clear vision
- Plus lenses at near
- Prism
- Vision therapy - specific to the type of dysfunction; improve relationship between accommodative and vergence system
- Use good lighting while reading
- Appropriate reading distance - 33 cm. for children, 40 cm. for adults
- Rest breaks for computer and video game users

---

Headache or Eye Ache

**Other Signs and Symptoms**

- Avoidance of near tasks
- Blurry vision at near and far
- Covering one eye or turning the head while reading
- Difficulty changing focus
- Double vision
- Excessive rubbing of the eyes
- Fatigue or eyestrain
- Reduced reading comprehension
- Sensitivity to light

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Headache or Eye Ache

**Other Signs and Symptoms**

- Avoidance of near tasks
- Blurry vision at near
- Fatigue or eyestrain
- Reduced reading comprehension
- Short attention span

**BACK**
Headache or Eye Ache
Convergence Excess

Short Description
A term used when the eyes tend to aim excessively inward in front of the near target that the patient is focusing. Patients with this condition commonly have uncorrected hyperopia or visual stress. Also consider local inflammation, central nervous system lesions or some drugs.

Other Signs and Symptoms
- Blurry vision at near
- Double vision
- Fatigue or eyestrain
- Reduced reading comprehension
- Short attention span
- Suppression vision of one eye

Treatment
- Plus lenses
- Prism
- Vision therapy – improve relationship between convergence and accommodation and also improve divergence skills
- Keep appropriate reading distances: 33 cm. for children, 40 cm. for adults
- Use good lighting when reading or doing near work

Headache or Eye Ache
Convergence Insufficiency

Short Description
A term used when the eye’s inward aiming skill is inadequate and below expected norms. Some causes of this condition include: visual stress, fatigue, illness, drugs, aging and genetic factors.

Other Signs and Symptoms
- Treatmen
Headache or Eye Ache
Convergence Insufficiency

Other Signs and Symptoms
- Avoidance of near tasks
- Double vision (especially at reading distance)
- Fatigue or eyestrain
- Reduced reading comprehension
- Short attention span
- Suppression vision of one eye

Treatment
- Wearing prescribed lenses
- Vision therapy to increase patient's convergence ability
- Use good lighting when reading
- Prism sometimes prescribed, but less often

Headache or Eye Ache
Divergence Excess

Short Description
A term used when the patient's eyes tend to aim outward beyond what is comfortable and in excess of established norms. Postulated to arise during early infancy from near point stress because the accommodative and vergence system is developing. Excessive divergence response to lateral recti. Also consider genetic factors.

Other Signs and Symptoms
- Blurry vision at far
- Double vision
- Fatigue or eyestrain
- Sensitivity to light
- Suppression vision of one eye

Treatment
- Minus lenses at distance; plus lenses at near
- Prism
- Vision therapy - improve relationship between accommodation and vergence
- Refer in severe cases (extraocular muscle surgery may be necessary)
Headache or Eye Ache
Divergence Insufficiency

- Short Description
- Other Signs and Symptoms
- Treatment

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Headache or Eye Ache
Divergence Insufficiency

- Short Description
  - A term used when the outward aiming skill of the patient’s eyes are inadequate and below expected norms. This condition often presents in childhood when accommodation and vergence skills are developing.

- BACK

Headache or Eye Ache
Divergence Insufficiency

- Other Signs and Symptoms
  - Double vision
  - Fatigue or eyestrain
  - Sensitivity to light
  - Suppression vision of one eye

- BACK

Head Movement When Reading

- Possible Condition
  - Oculomotor Dysfunction

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Head Movement When Reading Oculomotor Dysfunction

- Short Description
  - A condition where the quality of the eye movements are poor. Areas of deficiency include: fixation maintenance, saccadic and/or pursuit eye movements. This is a functional disorder with no significant underlying pathology. May be caused by poor visual acuity, fatigue, lack of attention/motivation, emotional stress, drug effects, hyperkinesis or possibly oculomotor skills never learned adequately during development. Other considerations include left-right confusion and delay in some aspects of visual perceptual development.

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Head Movement When Reading Oculomotor Dysfunction

- Other Signs and Symptoms
  - Fatigue or eyestrain
  - Finger reading
  - Frequent loss of place when reading (repeating words or entire line of text)
  - Omission of words
  - Reduced reading comprehension
  - Short attention span
  - Skipping lines

- BACK

Misalignment of One Eye or Eye Turn

- Short Description
  - A term used when one of the patient's eyes do not align properly i.e. one eye is "turning" with respect to the other. Most often presents as a result of imbalance in visual acuities of each eye, vascular disorders, tumors or inflammation. Consider genetic factors, developmental anomalies or trauma.

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Misalignment of One Eye or Eye Turn
Strabismus

- Other Signs and Symptoms:
  - Abnormal head posture
  - Covering one eye or turning the head while reading
  - Decreased stereopsis
  - Double vision
  - Errors in visual judgment
  - Eye turn or misalignment of one eye
  - Suppression vision of one eye

Misalignment of One Eye or Eye Turn
Suppression

- Short Description
- Other Signs and Symptoms
- Treatment

Misalignment of One Eye or Eye Turn
Suppression

- Short Description
  - A term used when the image or part of an image from one eye is perceptually "ignored." It is a means of eliminating conflicting or confusing visual information from binocular viewing i.e. double vision. Frequently caused by a turned eye, lazy eye or a significantly different refractive power between each eye.

Misalignment of One Eye or Eye Turn
Suppression

- Other Signs and Symptoms
  - Decreased stereopsis
  - Errors in visual judgment
  - Eye turn or misalignment of one eye
  - Suppression vision of one eye

Misalignment of One Eye or Eye Turn
Suppression

- Treatment
  - Lenses
  - Prisms
  - Prescribed regimen of patching or occluding one eye
  - Vision therapy as needed
  - Pharmacological therapy
  - Refer if condition is severe (extraocular muscle surgery may be necessary)
Amblyopia

**Possible Condition**

Amblyopia

**Short Description**

A condition where the best visual acuity is below normal in one or both eyes in the absence of any structural anomalies or ocular disease. Spectacle or contact lenses will not immediately correct this condition. This condition occurs during early development and is caused by form deprivation and/or abnormal binocularity. Other considerations include: high uncompenated refractive conditions; unequal refractive conditions between the eyes; constant unilateral strabismus; congenital cataract; corneal opacity; psychogenic or organic causes such as high stress, malingering, reduced visual acuity secondary to nutritional deficiency or drugs.

**Treatment**

- Wear prescribed lenses full time
- Patching the better eye as appropriately prescribed
- Treat other causative factors i.e. strabismus
- Vision therapy
- Patient awareness of precautions associated with decreased depth perception

**Other Signs and Symptoms**

- Decreased stereopsis
- Errors in visual judgment

**Omission of Words**

- Possible Condition
  - Oculomotor Dysfunction
Omission of Words

Oculomotor Dysfunction

- Short Description
- Other Signs and Symptoms
- Treatment

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Omission of Words

Oculomotor Dysfunction

- Short Description
- A condition where the quality of the eye movements are poor. Areas of deficiency include: fixation maintenance, saccadic, and/or pursuit eye movements. This is a functional disorder with no significant underlying pathology. May be caused by poor visual acuity, fatigue, lack of attention/motivation, emotional stress, drug effects, hyperactivity or possibly oculomotor skills never learned adequately during development. Other considerations include left-right confusion and delay in some aspects of visual perceptual development.

BACK

Omission of Words

Oculomotor Dysfunction

- Other Signs and Symptoms
  - Fatigue or eyestrain
  - Finger reading
  - Frequent loss of place when reading (repeating words or entire line of text)
  - Head movement when reading
  - Reduced reading comprehension
  - Short attention span
  - Skipping lines

BACK

Reduced Reading Comprehension

- Possible Conditions
  - Accommodative Insufficiency
  - Binocular Dysfunction
  - Convergence Excess
  - Convergence Insufficiency
  - Oculomotor Dysfunction

Reduced Reading Comprehension

Accommodative Insufficiency

- Short Description
- Other Signs and Symptoms
- Treatment

BACK to Table of Contents
### Reduced Reading Comprehension

#### Accommodative Insufficiency

- **Short Description**
  - A term used when a patient's focusing skills are not adequate and are below expected norms. Commonly affecting school age children with uncorrected hyperopia, vergence problems, general fatigue and stress. Other considerations include excessive near point work, ocular/systemic diseases, emotional problems, age, drugs and medication.
  - **Note:** Contrast to age-related loss of accommodation (presbyopia)

- **Other Signs and Symptoms**
  - Avoidance of near tasks
  - Blurry vision at near
  - Fatigue or eyestrain
  - Headache or eye ache
  - Short attention span

- **Treatment**
  - Plus lenses
  - Vision therapy - programmed activities to improve accommodative ability
  - Combination of lenses and vision therapy
  - Maintain appropriate reading distances - 33 cm. for children, 40 cm. for adults

- **Other Signs and Symptoms**
  - Avoidance of near tasks
  - Blurry vision at near
  - Fatigue or eyestrain
  - Headache or eye ache
  - Sensitivity to light

- **Binocular Dysfunction**

- **Short Description**
  - A generic term used when one or both of the accommodative or vergence systems are not functioning efficiently and performance is below expected norms. This term is also applied when a more formal diagnostic syndrome is not clearly defined. Commonly caused by general fatigue, uncompensated refractive condition, repeated or prolonged visual stress. Adults may develop this condition with prolonged or repetitive computer use or other extended activities within arm's reach. Also consider ocular or systemic diseases, drugs, medication and emotional problems.

- **Other Signs and Symptoms**
  - Avoidance of near tasks
  - Blurry vision at near and far
  - Covering one eye or turning the head while reading
  - Difficulty changing focus
  - Double vision
  - Excessive rubbing of the eyes
  - Fatigue or eyestrain
  - Headache or eye ache
  - Sensitivity to light

- **Treatment**
  - Plus lenses
  - Vision therapy - programmed activities to improve accommodative ability
  - Combination of lenses and vision therapy
  - Maintain appropriate reading distances - 33 cm. for children, 40 cm. for adults

- **Other Signs and Symptoms**
  - Avoidance of near tasks
  - Blurry vision at near
  - Fatigue or eyestrain
  - Headache or eye ache
  - Sensitivity to light

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Reduced Reading Comprehension
Binocular Dysfunction

- **Treatment**
  - Lenses for clear vision
  - Plus lenses at near
  - Prism
  - Vision therapy – specific to the type of dysfunction: improve relationship between accommodation and vergence system
  - Use good lighting while reading
  - Appropriate reading distance - 33 cm. for children, 40 cm. for adults
  - Rest breaks for computer and video game users

- **BACK**

Reduced Reading Comprehension
Convergence Excess

- **Short Description**
  - A term used when the eyes tend to aim excessively inward in front of the near target that the patient is focusing. Patients with this condition commonly have uncorrected hyperopia or visual stress. Also consider local inflammation, central nervous system lesions or some drugs.

- **BACK**

Reduced Reading Comprehension
Convergence Excess

- **Other Signs and Symptoms**
  - Blurry vision at near
  - Double vision
  - Fatigue or eyestrain
  - Headache or eye ache
  - Short attention span
  - Suppression vision of one eye

- **Back**

Reduced Reading Comprehension
Convergence Excess

- **Treatment**
  - Lenses for clear vision
  - Plus lenses at near
  - Prism
  - Vision therapy – specific to the type of dysfunction: improve relationship between accommodation and vergence system
  - Use good lighting while reading
  - Appropriate reading distance - 33 cm. for children, 40 cm. for adults
  - Rest breaks for computer and video game users

- **BACK**
Reduced Reading Comprehension
Convergence Insufficiency

- Short Description
  - A term used when the eye's inward aiming skill is inadequate and below expected norms. Some causes of this condition include: visual stress, fatigue, illness, drugs, aging and genetic factors.

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Reduced Reading Comprehension
Convergence Insufficiency

- Treatment
  - Wearing prescribed lenses
  - Vision therapy to increase patient's convergence ability
  - Use good lighting when reading

- BACK
Reduced Reading Comprehension
Oculomotor Dysfunction

- Treatment
  - Wear prescribed lenses
  - Address any coexisting vergence and/or accommodative disorder
  - Vision therapy to improve deficient oculomotor skills (fixations, pursuits and saccades)

Sensitivity to Light

- Possible Conditions
  - Binocular Dysfunction
  - Divergence Excess
  - Divergence Insufficiency

Sensitivity to Light Binocular Dysfunction

- Short Description

Other Signs and Symptoms

- Treatment

- Avoidance of near tasks
- Blurry vision at near and far
- Covering one eye or turning the head while reading
- Difficulty changing focus
- Double vision
- Excessive rubbing of the eye
- Fatigue or eye strain
- Headache or eye ache
- Reduced reading comprehension

Sensitivity to Light Binocular Dysfunction

- Short Description

- Possible Conditions

- Treatment

- Lenses for clear vision
- Plus lenses at near
- Prism
- Vision therapy – specific to the type of dysfunction; improve relationship between accommodative and vergence system
- Use good lighting while reading
- Appropriate reading distance – 33 cm for children, 40 cm for adults
- Rest breaks for computer and video game users

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### Sensitivity to Light

#### Divergence Excess

**Short Description**
- A term used when the patient’s eyes tend to aim outward beyond what is comfortable and in excess of established norms.
- Postulated to arise during early infancy from near point stress because the accommodative and vergence system is developing.
- Excessive divergence response to lateral recti. Also consider genetic factors.

**Other Signs and Symptoms**
- Blurry vision at far
- Double vision
- Fatigue or eyestrain
- Headache or eye ache
- Suppression vision of one eye

**Treatment**
- Minus lenses at distance; plus lenses at near
- Prism
- Vision therapy – normalize relationship between accommodation and vergence
- Refer in severe cases (extraocular muscle surgery may be necessary)

#### Divergence Insufficiency

**Short Description**
- A term used when the outward aiming skill of the patient’s eyes are inadequate and below expected norms. This condition often presents in childhood when accommodation and vergence skills are developing.

**Other Signs and Symptoms**
- Blurry vision at far
- Double vision
- Fatigue or eyestrain
- Headache or eye ache
- Suppression vision of one eye

**Treatment**
- Minus lenses at distance; plus lenses at near
- Prism
- Vision therapy – normalize relationship between accommodation and vergence
- Refer in severe cases (extraocular muscle surgery may be necessary)

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Sensitivity to Light
Divergence Insufficiency
- Other Signs and Symptoms
  - Double vision
  - Fatigue or eyestrain
  - Headache or eye ache
  - Suppression vision of one eye

Short Attention Span
Accommodative Insufficiency
- Short Description
  - A term used when a patient’s focusing skills are not adequate and are below expected norms. Commonly affecting school age children with uncorrected hyperopia, vergence problems, general fatigue and stress. Other considerations include excessive near point work, ocular/systemic diseases, emotional problems, age, drugs and medication.
  - Note: Contrast to age-related loss of accommodation (presbyopia)

Treatment
- Prism
- Vision therapy – improve divergence ability
- Refer in severe cases (extraocular muscle surgery may be necessary)
Short Attention Span
Accommodative Insufficiency

- Treatment
  - Plus lenses
  - Vision therapy - programmed activities to improve accommodative ability
  - Combination of lenses and vision therapy
  - Maintain appropriate reading distances - 33 cm. for children, 40 cm. for adults

Short Attention Span
Convergence Excess

- Short Description
  - A term used when the eyes tend to aim excessively inward in front of the near target that the patient is focusing. Patients with this condition commonly have uncorrected hyperopia or visual stress. Also consider local inflammation, central nervous system lesions or some drugs.

- Short Description
  - Plus lenses
  - Prism
  - Vision therapy - improve relationship between convergence and accommodation and also improve divergence skills
  - Keep appropriate reading distances - 33 cm. for children, 40 cm. for adults
  - Use good lighting when reading or doing near work

Short Attention Span
Convergence Insufficiency

- Short Description
  - Other Signs and Symptoms
  - Treatment

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Short Attention Span

Convergence Insufficiency

Short Description

A term used when the eye's inward aiming skill is inadequate and below expected norms. Some causes of this condition include: visual stress, fatigue, illness, drugs, aging and genetic factors.

Treatment

- Wearing prescribed lenses
- Vision therapy to increase patient's convergence ability
- Use good lighting when reading
- Prism sometimes prescribed, but less often

Other Signs and Symptoms

- Avoidance of near tasks
- Double vision (especially at reading distance)
- Fatigue or eyestrain
- Headache or eye ache
- Reduced reading comprehension
- Suppression vision of one eye

Short Attention Span

Oculomotor Dysfunction

Short Description

A condition where the quality of the eye movements are poor. Areas of deficiency include: fixation maintenance, saccadic and/or pursuit eye movements. This is a functional disorder with no significant underlying pathology. May be caused by: poor visual acuity, fatigue, lack of attention/motivation, emotional stress, drug effects, hyperkinesis or possibly oculomotor skills never learned adequately during development. Other considerations include left-right confusion and delay in some aspects of visual perceptual development.

Other Signs and Symptoms

- Fatigue or eyestrain
- Finger reading
- Frequent loss of place when reading (repeating words or entire line of text)
- Head movement when reading
- Omission of words
- Reduced reading comprehension
- Skipping lines

BACK
Short Attention Span Oculomotor Dysfunction

- Treatment
  - Wear prescribed lenses
  - Address any coexisting vergence and/or accommodative disorder
  - Vision therapy to improve deficient oculomotor skills (fixations, pursuits and saccades)

- BACK

Skipping Lines Oculomotor Dysfunction

- Possible Condition
  - Oculomotor Dysfunction

Skipping Lines Oculomotor Dysfunction

- Short Description
  - A condition where the quality of the eye movements are poor. Areas of deficiency include: fixation maintenance, saccadic and/or pursuit eye movements. This is a functional disorder with no significant underlying pathology. May be caused by: poor visual acuity, fatigue, lack of attention/motivation, emotional stress, drug effects, hyperactivity or possibly oculomotor skills never learned adequately during development. Other considerations include left-right confusion and delay in some aspects of visual perceptual development.

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Skipping Lines Oculomotor Dysfunction

- Other Signs and Symptoms
  - Fatigue or eyestrain
  - Finger reading
  - Frequent loss of place when reading (repeating words or entire line of text)
  - Head movement when reading
  - Omission of words
  - Reduced reading comprehension
  - Short attention span

- BACK

Skipping Lines Oculomotor Dysfunction

- Treatment
  - Wear prescribed lenses
  - Address any coexisting vergence and/or accommodative disorder
  - Vision therapy to improve deficient oculomotor skills (fixations, pursuits and saccades)

- BACK
Suppression Vision of One Eye

- Possible Conditions
  - Convergence Excess
  - Convergence Insufficiency
  - Divergence Excess
  - Divergence Insufficiency
  - Strabismus
  - Suppression

Suppression Vision of One Eye
Convergence Excess

- Short Description
  - A term used when the eyes tend to aim excessively inward in front of the near target that the patient is focusing. Patients with this condition commonly have uncorrected hyperopia or visual stress. Also consider local inflammation, central nervous system lesions or some drugs.

- Other Signs and Symptoms
  - Blurry vision at near
  - Double vision
  - Fatigue or eyestrain
  - Headache or eye ache
  - Reduced reading comprehension
  - Short attention span

- Treatment
  - Plus lenses
  - Prism
  - Vision therapy – improve relationship between convergence and accommodation and also improve divergence skills
  - Keep appropriate reading distances – 33 cm. for children, 40 cm. for adults
  - Use good lighting when reading or doing near work

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Suppression Vision of One Eye
Convergence Insufficiency

Short Description
- A term used when the eye's inward aiming skill is inadequate and below expected norms. Some causes of this condition include: visual stress, fatigue, illness, drugs, aging and genetic factors.

Treatment
- Wearing prescribed lenses
- Vision therapy to increase patient's convergence ability
- Use good lighting when reading
- Prism sometimes prescribed, but less often

Other Signs and Symptoms
- Avoidance of near tasks
- Double vision (especially at reading distance)
- Fatigue or eyestrain
- Headache or eye ache
- Reduced reading comprehension
- Short attention span

Suppression Vision of One Eye
Divergence Excess

Short Description
- A term used when the patient's eyes tend to aim outward beyond what is comfortable and in excess of established norms. Postulated to arise during early infancy from near point stress because the accommodative and vergence system is developing. Excessive divergence response to lateral recti. Also consider genetic factors.

Other Signs and Symptoms
- Blurry vision at far
- Double vision
- Fatigue or eyestrain
- Headache or eye ache
- Sensitivity to light

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Suppression Vision of One Eye
Divergence Excess

° Treatment
- Minus lenses at distance; plus lenses at near
- Prism
- Vision therapy – improve relationship between accommodation and vergence
- Refer in severe cases (extraocular muscle surgery may be necessary)

° BACK

Suppression Vision of One Eye
Divergence Insufficiency

° Short Description
- A term used when the outward aiming skill of the patient’s eyes are inadequate and below expected norms. This condition often presents in childhood when accommodation and vergence skills are developing.

° BACK

Suppression Vision of One Eye
Divergence Insufficiency

° Treatment
- Prism
- Vision therapy – increase divergence ability
- Refer in severe cases (extraocular muscle surgery may be necessary)

° BACK

Suppression Vision of One Eye
Divergence Insufficiency

° Other Signs and Symptoms
- Double vision
- Fatigue or eyestrain
- Headache or eye ache
- Sensitivity to light

° BACK

Suppression Vision of One Eye
Strabismus

° Short Description

° Other Signs and Symptoms

° Treatment

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Suppression Vision of One Eye
Strabismus

* Short Description
* A term used when one of the patient's eyes do not align properly i.e. one eye is "turning" with respect to the other. Most often presents as a result of imbalance in visual acuities of each eye, vascular disorders, tumors or inflammation. Consider genetic factors, developmental anomalies or trauma.
*BACK

Other Signs and Symptoms
* Abnormal head posture
* Covering one eye or turning the head while reading
* Decreased stereopsis
* Double vision
* Errors in visual judgment
* Eye turn or misalignment of one eye
* Misalignment of one eye or eye turn
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Suppression Vision of One Eye
Strabismus

* Treatment
* Lenses
* Prisms
* Prescribed regimen of patching or occluding one eye
* Vision therapy as needed
* Pharmacological therapy
* Refer if condition is severe (extraocular muscle surgery may be necessary)
*BACK

Suppression Vision of One Eye
Suppression

* Short Description
* A term used when the image or part of an image from one eye is perceptually "ignored." It is a means of eliminating conflicting or confusing visual information from binocular viewing i.e. double vision. Frequently caused by a turned eye, lazy eye or a significantly different refractive power between each eye.
*BACK

Other Signs and Symptoms
* Decreased stereopsis
* Errors in visual judgment
* Eye turn or misalignment of one eye
* Misalignment of one eye or eye turn
*BACK
Suppression Vision of One Eye

Suppression

- Treatment
  - Compensating lenses
  - Prescribed regimen of patching or occluding one eye
  - Vision therapy – increase binocular function and visual performance

**BAC**