

# Convergence Insufficiency

Information and advice for patients

## Orthoptics

### What is convergence insufficiency?

Convergence insufficiency is an eye condition where the eyes are unable to align towards each other (converge) when focusing on nearby objects without excessive effort.

This can cause difficulties with activities such as reading or close work.

Viewing distant object



Viewing close object



### What causes convergence insufficiency?

Convergence insufficiency occurs when the muscles that move the eyes inwards are weak.

### What are the symptoms?

The symptoms of convergence insufficiency can include:

- Double vision
- Headaches
- Eye strain
- Difficulty changing focus
- Jumbling of print
- Blurring of print

### How is it diagnosed?

An orthoptist will assess your ability to converge your eyes while focussing on a small target to diagnose convergence insufficiency.

### What treatment is available?

Convergence insufficiency can be helped by a course of exercises for the eyes. Your orthoptist will tell you which exercises may be suitable for you and will demonstrate them. You will also be given an information leaflet as a reminder on how to perform them.

### What are the benefits of the exercises?

The benefit of doing the exercises is that they can improve the symptoms of convergence insufficiency, and you should become symptom-free.

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### Are there any risks or disadvantages?

- You will not see results from the exercises straight away and you will need to perform them regularly to gain any benefit.
- In some cases your symptoms may get worse before getting better. This is normal.

### What are the risks of not getting treatment?

The risk of not getting treatment is that your symptoms may get worse. Symptoms such as headaches and blurred vision will become more frequent and severe. This may cause more difficulty with close work and reading.

### Contact details

If you have any questions or concerns please contact the Orthoptic department on:

#### City Hospital

0121 507 6829

#### Sandwell General Hospital

0121 507 3202

### Further information

For more information about our hospitals and services please see our websites [www.swbh.nhs.uk](http://www.swbh.nhs.uk), follow us on Twitter @SWBHnhs and like us on Facebook [www.facebook.com/SWBHnhs](https://www.facebook.com/SWBHnhs).

### Sources used for the information in this leaflet

- F Rowe, 'Clinical Orthoptics', 1997
- A Ansons, H Davis, 'Diagnosis and management of ocular motility disorders', 1986

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: [swb-tr.swbh-gm-patient-information@nhs.net](mailto:swb-tr.swbh-gm-patient-information@nhs.net)



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