

Convergence Weakness

You have been diagnosed as having Convergence weakness / insufficiency which means the ability of the eyes to pull inwards towards each other is weak. This is a common condition which often has no specific cause.

Symptoms:

- Blurred or double vision when reading
- Difficulty focussing on print
- Headaches particularly after prolonged close work

Treatment:

Treatment is in the form of exercises, most of which involve practising pulling your eyes inwards towards your nose. These will be shown to you by your Orthoptist and you will be asked to do them at home.



Exercises:

- Should be carried out 'little but often', meaning they should be practised for only a few minutes at a time but often throughout the day, usually at least five times daily.
- You will need to relax your eyes for a few minutes after each exercise session in order to rest your eye muscles.
- If you normally wear glasses for close work it is advisable to wear them when doing your exercises.
- Try to do your exercises when not excessively tired.
- You may find that your symptoms get worse in the early stages of treatment - this is a good sign! The more the exercises are carried out the easier it will become.

You will be given follow-up appointments with your Orthoptist to assess your progress and to advance the exercises. At the end of treatment, when your ability to converge has improved, you will be advised to exercise occasionally to ensure you retain the ability.

Exercises are usually beneficial if carried out as prescribed.

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.