

For further information:

The Royal College of Ophthalmologists: Guidelines for the Management of Strabismus in Childhood, March 2012

American Association for Paediatric Ophthalmology and StrabismusConvergence Insufficiency 2012

General Statements made in this leaflet do not apply in every case, as each patient is an individual. Your surgeon will advise you of any specific after care.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

United Lincolnshire Hospitals NHS Trust

Orthoptics →

Convergence Insufficiency

Orthoptic Department

Pilgrim Hospital: 01205 446474
Lincoln County Hospital: 01522 573378
Monday to Friday 9.00am to 5.00pm
www.ulh.nhs.uk

A photograph of a hospital corridor with a white sign that says 'Orthoptics' with a blue arrow pointing to the right. The sign is mounted on a wall. Below the sign is a yellow light fixture. The background is a plain wall.

Aim of the leaflet

This leaflet is for patients who have been diagnosed with Convergence weakness.

What is convergence insufficiency?

Convergence insufficiency is a weakness of the mechanism that allows both of your eyes to track inwards as a pair towards your nose. This mechanism holds both of your eyes in the slightly inward position they need to be in for you to read and do near tasks. Therefore, because this mechanism is weak, often both eyes are either a) straining to keep in this position or b) cannot be held in this convergent position, which may cause double vision, blurred vision when reading, headaches or eyestrain.

What treatment options are available for this condition?

Treatment options include:

- Glasses
- A course of convergence exercises
- Prisms on or in your glasses
- Occlusion (covering) of one eye (in extreme cases)

Your Orthoptist will decide which form of treatment is most suitable for your individual case of convergence insufficiency and will work with you to come up with an appropriate management plan.

What you need to bring to your Orthoptic appointments:

If you require glasses, you will need to bring your most up to date reading and distance glasses to all of your Orthoptic appointments.

Orthoptic appointments for patients with convergence insufficiency

The aim of an Orthoptic appointment is to:

1. Assess your progress with the treatment that has been given to you
2. Give further therapy
3. Plan the next step in your treatment

The treatment is targeted at relieving your symptoms. The course of exercises should consist of a series of 3 to 4 appointments at the end of which your progress will be assessed and further treatment may be offered if needed.

The treatment can only be successful if the exercises are carried out regularly at home as shown by your Orthoptist. Attending the appointments alone will not improve your symptoms.

Contact details

If you have any questions about your treatment, please ask your Orthoptist or contact us on:

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