

Common Disorders Vision Therapy Can Treat

Amblyopia

- A condition where the eye and the brain are not working together resulting in reduced vision in one or both eyes.
- Occurs at a very young age.
- Can be caused by any condition where there is not a clear image getting to the brain including:
 - **Strabismus:** eye turning in (esotropia) or out (exotropia)
 - **Refractive Error:** One eye more nearsighted, farsighted or greater amount of astigmatism than the other eye.
 - **Deprivation:** An obstruction in one or both eyes, example cataract in one eye.

Strabismus

- Strabismus is the medical term for eye conditions often referred to as eye turns, “cross-eyed”, wall-eyed, etc. It is a condition where the two eyes do not look in the same direction at the same time.
- An eye may turn in, out, up or down. This may occur all the time or appear when one is tired, ill, or doing extensive near work. It may occur with the same eye all the time or alternate between the two eyes.

Ocular Motor Dysfunction

- Common eye problem where one is unable to accurately follow a moving object or unable to quickly move their eyes from one stationary object to another.
- These are necessary skills for successful academic and athletic performance
- Occurs when the six muscles that help move the eye are not properly working together.
- Symptoms may include easily losing one’s place when reading, difficulty with balance, depth perception, sports or hand eye coordination.

Common Focusing Problems

- Our eyes must focus each time we look from one object to another. This is done by an eye muscle called the ciliary muscle (focusing muscle).
- A focusing problem occurs when one is unable to quickly and accurately constrict or relax the focusing muscle or sustain the focus for an adequate time.
- An example of this is when a child looks from the board to his desk.

Accommodative Excess

- Over focusing on a near object.
- Often complaints of blur at distance after working on a near task.
- Common for complaints of headache or sore eyes.

Accommodative Insufficiency

- A reduced level of focusing stamina needed for near visual tasks
- Can lead to reduced concentration levels in children because it is difficult to keep their work in focus.
- Visual memory abilities can be affected because a child is required to direct more attention to keeping clear vision, thereby reducing available concentration required for processing the visual information.

Common Eye Teaming Problems

Convergence Insufficiency

- Common eye teaming problem where the eyes tend to drift outward when reading or doing near work.
- Must work extra hard to get the eyes to turn back in
- Can result in double vision, blurred vision, headaches, short attention span, frequent loss of place, words jumping or swimming on page, difficulty remembering what was read
- Often associated with accommodative excess.

Convergence Excess

- Another common eye teaming problem where the eyes tend to drift inward or cross when reading or doing near work
- This requires the eye muscles to work harder to maintain alignment at near
- When the muscles become tired this can result in double vision, blurred vision at near or distance, headaches, excessive blinking and avoidance of reading
- Often associated with accommodative insufficiency

Divergence Excess

- Often occurs with Exotropia, a type of Strabismus where one or both eyes has the tendency to drift outward, especially at distance.
- Treated with Vision therapy along with a bifocal or reading glasses for near work.
- The bifocal or reading glasses help to take the demand off the visual system at near because the distance eye turn is actually a result of near visual eye strain!