

# Vision Therapy Associates

FY👁️'s

## Convergence Excess

Convergence excess, also known as esophoria, is a disorder of the eye teaming system in which there is a tendency for the eye muscles to tighten up and draw the eyes inward. This tendency for over-convergence causes strain on the system, as the individual must work to keep their eyes from going crossed. Tunnel vision and tightening of neck and shoulder muscles often accompany this condition.

### Signs and Symptoms:

Individuals with this fairly common condition may exhibit the following symptoms:

- strained, sore or tired eyes, or headaches with close work
- avoidance of close work
- inability to sustain attention/concentration with close work
- near vision blur
- double vision
- words running together when reading
- fatigue when reading
- tendency to make “careless mistakes” or skip rows/problems
- closing or covering an eye when reading
- decreased performance over time with close work
- holding reading material too close, or writing/drawing with head too close to the paper

### Treatment:

Treatment options for Convergence Excess include prescription lenses with or without prism and vision therapy.

Typically we ask to see our patients each week for a one-hour (one-on-one) vision therapy session in the office. This session is conducted by our certified vision therapists and is individualized to meet each patient’s individual needs and goals. There are also activities assigned to be done at home on a daily basis.

The average length of time to complete a vision therapy program is six months. We typically do a progress evaluation after 13 visits, but expect to see progress even before this.

**Stress-reducing “reading” lenses may be prescribed during or at the conclusion of active vision therapy to support the newly developed skills.**