

Convergence Insufficiency

Patient information and instructions

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What is convergence insufficiency?

Convergence insufficiency is the inability to bring both eyes inwards towards each other (converge) whilst keeping a comfortable single image.

What are the symptoms?

- Frontal headaches
- Blurry vision
- Double vision at near
- Eye strain/pain

What causes Convergence Insufficiency?

There is no specific cause for the development of convergence weakness. It can occur due to an imbalance of the eye movements or a pre-existing underlying issue.

What are the treatments available?

The Orthoptist will prescribe simple exercises to help improve your convergence ability. Each exercise will depend on the severity of the inability to converge. Treatment plans depend on the improvements made on each appointment and will vary for each patient.

Instructions: Pen-to-nose convergence

Patient information and instructions

The aim of the exercise is to maintain a single image of the target:

- If you require reading glasses these should be worn during these exercises.
- If the Orthoptist has put a stick-on Fresnel prism over one lens of your reading glasses this should be kept on.
- 1. Holding a target/pen at arm's length in a slightly depressed position.
- 2. Bringing the target slowly towards your nose whilst maintaining one single image.
- 3. If the target splits into two then moving the target slightly back to achieve one single image again
- 4. If you can't get a single image, move the target back (1-2cm) and try again

******Breaks include looking outside /
closing the eyes for 5 minutes******

Repeat the above for mins times per day.

If you have any questions or require further information, please call us on **01902 695830**

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。