

Vision Therapy Associates



Binocular Vision Dysfunction

Binocular vision dysfunction occurs when there is a weakness with the eyes working together as a team, even though there is no great tendency for the eyes to drift in or out. This weakness causes excessive effort to maintain the eyes aligned (especially at near point) and to shift repeatedly from near to far (such as when copying from the board).

We tend to think of this condition as an overall lack of coordination in eye teaming and not a muscle weakness. There is no doubt that this can run in the family and is often linked to general or fine motor coordination difficulty. A high degree of accuracy in eye muscle coordination is needed to see without double vision or print running together, so we think of this as extra-fine motor coordination.

Signs and Symptoms:

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

- **Eye strain, fatigue or headaches during or after reading**
- **Difficulty sustaining close work or concentrating when reading**
- **Frequent loss of place when reading**
- **Rubbing or closing an eye**
- **Words moving on the page or print running together**
- **Decreased reading comprehension especially over time**
- **Avoidance of paperwork or reading**
- **Tired eyes during or after copying from the board, driving, or watching TV**

Treatment

Treatment options for Binocular Vision Dysfunction 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.