

We invite you to take this simple self-test.

(circle the most appropriate answer) (N=Never, S=Sometimes, O=Often, A=Always)

1.	Do you sometimes have blurred vision?	N	S	O	A
2.	Do you get tired or fall asleep while reading or using the	N	S	O	A
3.	Do you lose concentration while reading?	N	S	O	A
4.	Does your vision seem worse at the end of the day?	N	S	O	A
5.	Do you experience double vision?	N	S	O	A
6.	Do you often close one eye while reading?	N	S	O	A
7.	Do your eyes feel "tired" at the end of the day?	N	S	O	A
8.	Do words "run together" or appear blurry when reading?	N	S	O	A
9.	When reading, do you skip or repeat lines?	N	S	O	A
10.	When you look up from reading, do objects appear blurred?	N	S	O	A
11.	Do you sometimes feel your eyes aren't "working together"?	N	S	O	A
12.	Does prolonged reading or close work give you headaches?	N	S	O	A
13.	Do you ever have car sickness?	N	S	O	A
14.	Is reading in a moving vehicle difficult?	N	S	O	A
15.	Do both of your eyes work equally well?	N	S	O	A
16.	Do you experience eyestrain?	N	S	O	A
17.	Do you lose your place when moving from copy to a screen?	N	S	O	A
18.	Do you hold a book close to your eyes (<20cm) ?	N	S	O	A

If you answered Often or Always to some of these symptoms, you may have an eye muscle problem.

Why do these symptoms occur?

Near vision tasks require long periods of maintaining constant focus and aiming the eyes without rest. The muscles directing and focussing fatigue and undergo changes similar to cramp. Our eye muscles didn't evolve to spend hours reading books and using screens. Our high tech world results in constant stress on our finely tuned visual system. Many children and adults have 20/20 vision but still suffer symptoms due to eye muscle fatigue. These symptoms can't be solved by glasses alone.

We can't stop the advancement of technology, but we can reduce its effect on our vision, and we can use this technology to treat the problem for many patients.

What Can You Do If You Have An Eye Muscle Problem?

Please discuss this test with us. We will assess your complete eye health, ocular co-ordination and accommodative function as well as assess for visual stress and fatigue. Subsequently we can prescribe appropriate glasses / vision correction and stress reducing tints if required, along with a home based computer vision therapy program which will provide the type of exercises required to co-ordinate the muscles and eliminate symptoms associated with eye muscle problems.

With Computerised Vision Therapy tired, achy eyes can be a thing of the past!

No more daily suffering with headaches and eyestrain! Experience improved performance at school, on the job and in sports. Your child's renewed interest and enthusiasm for school can lead to better grades.

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