At-Home Convergence Test (Hidden Vision Problem Most People Miss) Transcript

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What Convergence Insufficiency Is

Convergence insufficiency tests. If reading makes you tired, screens drain you faster than they should, or you avoid close-up work, you might have convergence insufficiency, and most people have no idea.

I'm going to show you how to test your eye convergence right now and all you need is a pen. This test will tell you if your eyes can work together efficiently at close range or if you're brain is compensating for something that's secretly exhausting you.

Let's do it. Hi, I'm Dr. Bryce Applebaum. I am a neuro optometrist and my passion is rewiring the eye-brain connection.

How to Test Eye Convergence at Home

Convergence is your eye's ability to aim inward and work together when you look at something close, like a book, a screen, or your phone. When convergence is efficient, your eyes team up smoothly.

No effort, no strain. But when convergence in unstable or hard, what we call convergence insufficiency, you brain has to work overtime just to keep vision single and clear.

What a Failed Convergence Test Means

And that can create problems and symptoms like eye strain, headaches, blurred vision, double vision words moving or dancing around when you're reading or on screens avoidance of reading, or close work fatigue after just a few minutes of focus and a lot of kids and adults get diagnosed with attention problems when really their eyes are just not working well enough together as a team for close-up work and the near visual stress associated with that Did you know that if you're diagnosed with ADHD, you are three times more likely to have a convergence insufficiency?

Today, I'm gonna teach you how to test your convergence or that of your loved ones at home. Let's go. All right, so for this convergence, insufficiency test, all we need is this expensive piece of equipment, a pen.

And ideally, are you gonna do this test on somebody, but for the sake of this video, am gonna to do it on myself. You're gonna have them watch the pen, move it side to side in a couple of different positions in our figure eight pattern and a circle.

And then you want the person to watch the tip of the pen making sure it's clear and single all the way in as it comes, ideally, down the midline right to the nose.

If this becomes hard, if somebody's bringing this in and they see double at any distance other than closest to their nose, or one eye looks at it and then the other eye look away or they have a hard time figuring out where to look, there is an immediate red flag that it is hard to explore near space and it hard aim both eyes simultaneously at the same place.

Very often, this is not eye muscle strength or eye-muscle length. This is coordination and a little bit of a spatial mismatch. But this a great screening test to make sure the eyes can converge together as a cohesive unit.

Symptoms, Takeaways, and Next Steps

That's the near point of convergence test. Simple, fast, and incredibly revealing. If you struggled here, don't ignore it. Convergence insufficiency is common, treatable, often the hidden reason behind focus problems, fatigue,

avoidance of reading, frustration with reading.

and also making screens and homework so much harder than they're supposed to be. I've put together a guide that explains convergence and sufficiency, what it looks like, and what actually helps.

Links below. And if this test surprised you, leave a comment and let me know what you found.