



Accommodation - Paresis and Spasm

The Following Information has been Prepared for You:

Accommodative Paresis (aka Accommodative Insufficiency) - this is a condition that manifests in patients under the age of 40. It is most often discovered during childhood. It is an inability to completely and accurately flex and relax the focusing muscles around the lens in the eye. These eye muscles are responsible for quickly adjusting the shape of the lens as the vision switches from one distance to another, thereby bringing objects into clear focus on the retina, .

The degree of paresis may vary from one individual to another. Depending on the degree, the patient lifestyle and the visual demands, symptoms may vary from none at all to blurry vision, tired or aching eyes, bloodshot eyes, watering eyes, headache, light sensitivity, reduced reading speed, reduced reading comprehension.

Some patients may experience accommodative paresis for a short term, while others have it for life. Some medications or health conditions that affect motor control may contribute to it's development or response to treatment.

Treatment may involve an eyeglass or contact lens prescription for reading / computer / near tasks. This prescription is usually different from the prescription needed for distant tasks. In order to accommodate both prescriptions in one pair of eyeglasses or contact lenses, a bifocal lens is often prescribed. Alternatively, patients may opt for two separate pair of glasses - one for distant vision, and one for near vision. Children in school tend to perform better with traditional bifocal glasses. For cosmesis purposes only, no-line or "progressive" bifocal lenses may be used for adolescents who can wear adult-sized frames. However, the lined bifocals are more functional. Vision therapy is another form of treatment, where strengthening and flexing exercises are employed to make the focusing muscles stronger and more flexible. Vision therapy may eliminate the need for bifocals or minimize dependence on glasses altogether. Vision therapy is offered at Family Eye Care, so speak to your doctor if you are interested in this course. Vision therapy is currently not billable to insurance, so must be paid out of pocket. Cost is dependent on course and duration of treatment.

Accommodative Spasm - this is a condition that is usually secondary to the above condition, Accommodative Paresis. It is where the focusing muscles get "locked" up in a spasm, so that distance vision is blurry for quite a while after near vision activities. Like Accommodative Paresis, it typically affects individuals under the age of 40. Extensive near tasks, poor lighting, small font, dirty or glaring computer screens, and holding objects too close to the face can contribute to its development. Symptoms vary and include blurred vision, fluctuating vision, light sensitivity, headache, tired and achy eyes, burning, tearing, reduced reading speed / comprehension / endurance and muscle twitches of the eye or eyelids.

Treatment involves using correct ergonomic body / vision posture and good lighting. Taking frequent rest breaks from near activities is beneficial. Prescription eyewear or vision therapy, as described above, may also be used. Sometimes, a prescription change is indicated for existing glasses wearers.

Please Rate the Information You Received

- ☐ Very helpful - all questions are answered
- ☐ Somewhat helpful - I still have questions
- ☐ Not helpful - none of my questions were answered

Comments / Questions / Typos:

Provider Contact Information

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