

Accommodation - Spasm

The Following Information has been Prepared for You:

*Required Fields

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:

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