

Eye Coordination

What is eye coordination?

Eye coordination is the ability of both eyes to work together as a team. Each of your eyes sees an ever so slightly different image and your brain, by a process called fusion, blends these two images into one three-dimensional picture. Good eye coordination keeps the eyes in proper alignment. A minor misalignment of your eyes can cause symptoms.

What causes poor eye coordination?

Eye coordination is a skill that must be developed. Poor eye coordination results from a lack of adequate vision development or improperly developed eye muscle control. Although rare, an injury, disease, tumor or other traumas can cause poor eye coordination.

How does poor eye coordination affect vision?

Since the images seen by each eye must be virtually the same, a person usually compensates for poor eye muscle control by subconsciously exerting extra effort on the muscles to maintain proper alignment of the eyes. In more severe cases, the muscle cannot adjust the eyes so that the same image is seen and double vision occurs. Since the brain will try to avoid seeing double, it eventually learns to ignore the image sent by one eye. This can result in amblyopia, a serious vision condition commonly known as lazy eye.

What are signs/symptoms of poor eye coordination?

Some signs/symptoms that may indicate poor eye coordination include double vision, headaches, eye and body fatigue, irritability, dizziness and difficulty in reading and concentrating. Children may also display characteristics that may indicate poor eye coordination including covering one eye, head tilting, skipping lines or losing their place while reading, poor sports performance, avoiding tasks that require close work and tiring easily.

How is poor eye coordination diagnosed?

Since poor eye coordination can be difficult to detect, periodic optometric examinations beginning at age 3 are recommended. A comprehensive examination by a Doctor of Optometry will determine the extent, if any, of poor eye coordination.

How is poor eye coordination treated?

Poor eye coordination is often successfully treated through vision therapy, contact lenses, and or other optical aids. If detected early enough, the success rate for achieving proper eye coordination is quite high. In some cases, eye coordination will improve when other vision conditions like nearsightedness or farsightedness are corrected. In some cases, surgery may be necessary.