

Non Specific Reading Difficulties Inefficient reading is a common problem reported by children and adults.

Symptoms and signs vary and may depend on lighting conditions, style of text and quality of paper but include :-

Rubbing eyes
Excess blinking
Poor concentration
Inefficient reading
Difficulty keeping place

SYMPTOMS

Glare from the pages
Headaches while reading
Sore eyes while reading
Movement/blurring of print

The signs and symptoms listed are those describing Dyslexia (see our Dyslexia Leaflet).

However identical signs and symptoms are associated with uncorrected vision, particularly long-sight, accommodative lag when focussing at near and uncorrected binocular vision anomalies. Binocular vision problems result when the images from each eye are not combined accurately in the brain making words seem to swim and blur as in the image below.

Therefore, before tints or coloured overlays are recommended a thorough ocular examination is recommended.

Systematic approach to investigation 'Inefficient Reading'

SIGNS

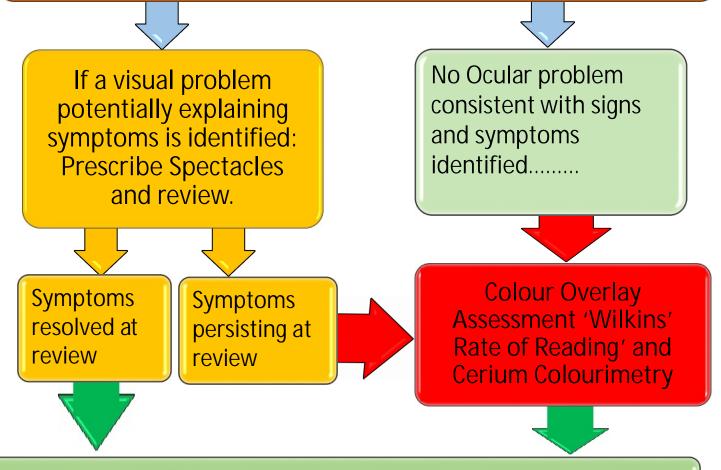
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Thorough Ocular Examination: (Not a simple 'Sight Test')
Must include Static Retinoscopy to detect under correction of long-sight,
Dynamic Retinoscopy for accommodative insufficiency
and in-depth Binocular Vision assessments.



DISCHARGE from current assessment.

With: 1) Advice 2) Spectacles 3) Overlays 4) Spectacles and Overlays Review as Recommended by Clinician