



# FACT SHEET

## 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 :-

### SIGNS

- 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

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

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.

If a visual problem potentially explaining symptoms is identified:  
Prescribe Spectacles and review.

Symptoms resolved at review

Symptoms persisting at review

No Ocular problem consistent with signs and symptoms identified.....

Colour Overlay Assessment 'Wilkins' Rate of Reading' and Cerium Colourimetry

DISCHARGE from current assessment.  
With: 1) Advice 2) Spectacles 3) Overlays 4) Spectacles and Overlays  
Review as Recommended by Clinician