

## **I. Abstract**

Optometric Vision Therapy is a form of therapy generally used in children but also supported to help adults with amblyopia along with other common eye diseases. Within this review paper there will be various amount of scientific articles supporting whether convergence sufficiency is improved by Visual Therapy. Age, short- and long-term progress, along with severity of cases that will taken into consideration to see if the results change significantly based on these standpoints. Lastly, an overview of Vision Therapy will be compared with Computer Vision therapy as the names are similar, but efficiency of results vary. Convergence sufficiency from Visual Therapy may occasionally be referred to... as a placebo or swindle as some research find that results may not work for most and takes up to two years to see a difference; this however overlooked as Visual Therapy significantly improves amblyopia, and disorders in children.