

Contents

1. Computer and Vision	1
• Vision and Visual System	2
• Visual Demands for Computer Work	4
• Computer and Body Posture	8
• Computer and Blink Rate	10
2. Computer Vision Syndrome	13
• Visual Symptoms	13
• Ocular Symptoms	15
• Asthenopic Symptoms	16
• Light Sensitivity Symptoms	17
• Musculoskeletal Symptoms	18
• General Symptoms	20
3. Laws of Computer Vision	23
4. Understanding Patient, Patient's Visual Environment, and Visual System	31
• History-taking	32
• Visual Acuity Test	35
• Dominant Eye Test	36
• Objective Assessment of Eye	38
5. Correction of Refractive Error for Computer Vision Syndrome Patient	43
• Symptoms	43
• Rationale	43
• Types of Refractive Error	44
• Cycloplegic Refraction	45
• Refractive Error Correction	46
6. Accommodative Function and its Management	52
• Symptoms	52
• Rationale	52
• Accommodative Function	53
• Clinical Examination of Accommodation Function	56
• Treatment	61

7. Binocular Vision and its Management	63
• Symptoms	63
• Rationale	63
• Two Eyes—As a Pair	64
• Clinical Examination of Binocular Vision	66
• Treatment	72
8. Eye Movement Disorder and its Management.....	75
• Symptoms	75
• Rationale	75
• Important Eye Movement Skills for Reading	77
• Clinical Examination of Ocular Motor Dysfunction	79
• Treatment	80
9. Computer Use and Dry Eye.....	82
• Symptoms	82
• Rationale	82
• Diagnosis of Dry Eyes	85
• Management	88
10. Issues Related to Glare and Reflection	91
• Glare	91
• Reflection	96
• Role of Antireflection Coated Lenses	98
• Role of Blue Cut Lenses	100
11. Presbyopia and Computer Use	105
• Symptoms	105
• Rationale	105
• Diagnosis of Presbyopia	106
• Computer and Presbyopia	111
12. Computer-workstation Arrangement.....	119
• Issues Related to Body Posture	120
• Issues Related to Furniture and Fixture	122
• Issues Related to Hardware and Attachment	125
• Issues Related to Computer Display	126
• Ideal Sitting Posture While Working on a Computer	128
• Ideal Computer Workstation	129

13. Sequential Management Considerations.....	131
• Initial Management	131
• Subsequent Follow Ups	132
• Ergonomic Issues	134
14. Building up the Practice as a CVS Specialist	136
• Getting Started	138
• Place Planning to Set Up the Practice	140
• Setting Up the Practice	140
• Promotions and Marketing	141
• Practice Management	146
• Stand Proud and have Self-commitment	147
15. Vision Screening Program for Computer Users.....	149
• Battery of Vision Screen Tests	151
<i>Appendix</i>	<i>157</i>
<i>Bibliography</i>	<i>159</i>
<i>Index</i>	<i>161</i>