

Low Plus Lenses

Low plus lenses do not weaken eyes. Instead, they act as safe, evidence-based ergonomic supports.

By temporarily reducing focusing and eye-teaming strain during reading, these lenses relieve fatigue, prevent headaches, and help sustain comfortable vision for near work without causing muscle atrophy or dependency.



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At Eyecare Eyewear, we often prescribe low plus lenses to help patients with accommodative insufficiency (focusing fatigue) and convergence insufficiency (eye-teaming strain during reading).

A common concern that patients and care givers share is: "Will wearing these glasses make the eyes weaker?"

The short answer is no. Clinical research shows low plus lenses act as a supportive ergonomic tool, not a crutch.

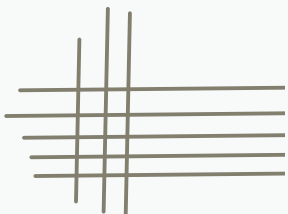
Studies investigating near-vision stress and binocular vision anomalies demonstrate that low plus lenses:

- **Relieve Strain Rather Than Cause Atrophy:** Research confirms that temporarily reducing the focusing burden for near work does not weaken the eye muscles. Think of them like supportive bracing during a heavy task—they reduce fatigue rather than cause dependency.
- **Improve Visual Comfort:** Clinical trials show that low plus lenses effectively reduce excessive accommodative effort, helping children sustain clear, comfortable vision during prolonged schoolwork without negative structural changes to the eye.

How They Help

- **Accommodative Dysfunction:** They do the "heavy lifting" for close-up focus, stopping headaches and blurred vision.
- **Convergence Insufficiency:** By reducing focusing demand, they secondarily ease convergence stress, making it easier for the eyes to team together.

Low plus lenses are a safe, evidence-based way to provide visual comfort and enhance learning potential.



Meet our Optometrists

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