

## **Spasm of Near Reflex or accommodation.**

Spasm of the near reflex, as first described by Cogan in 1955, is a triad of intermittent convergent strabismus, accommodative spasm, and pupillary miosis.

The accommodative spasm induces pseudo-myopia (short sightedness that is usually accompanied by visual blurring. It is a functional disorder that has been attributed to hysteria, although it can have an organic aetiology.

Definitive treatment remains problematic since the aetiology is often elusive.

This can happen when doing a lot of close work like on the computer. The key is to relax the eyes in the distance by looking at distance object. To have regular breaks from the pc after 20 minutes. Covering one may help to break any convergence element. Dealing with any stress may also be important