

Teesside University Eye Clinic

Binocular Vision & Visual Stress

Helping You See And Learn More Comfortably

Our Binocular Vision and Visual Stress Clinic provides specialist assessments for children, young people, and adults who are experiencing difficulties with tasks such as reading and writing. We assess how well the eyes focus (accommodation) and work together at near (convergence). Where these are normal, we can also carry out visual stress testing to explore other visual factors that may affect reading comfort and performance. We will then work closely with you to explain the results in a plain, easy-to-understand language and outline any next steps. With your consent, we can then share these results with teachers, SEND staff, or other professionals supporting you or your child.



Who Is The Clinic For?



This clinic may be suitable for:

- School-age children who find reading, writing, or close work difficult or tiring
- Young people or adults who experience visual discomfort during study or work
- Anyone referred for a dyslexia assessment who needs a vision check beforehand
- Patients advised to have further vision testing by a teacher, SEND staff member, optometrist, educational psychologist, or other health professional

How To Book

For patients/parents to book an appointment



For professionals to refer a patient



Please email eyes@tees.ac.uk with all enquiries or to book an appointment

