



**TOMLINSON**  
optometrist

## **GLOSSARY OF TERMS**

**Unaided visual acuity-** Visual clarity measured at distance without spectacle correction in place. Kids with glasses will have their aided visual acuities measured during screening. Annotation "6/6" means normal distance visual clarity and "6/7.5" is adequate for pre-school children, any other annotation such as "6/9" means reduced visual clarity at distance.

**Colour Vision-** Identifies presence of colour deficiency such as red/green or blue/yellow colour deficiency, with red/green colour deficiency present in approximately 10% of male population.

**Cover Test-**To determine the position of the eyes at distance and near and for the presence of a squint

**Accommodative flexibility** – Ability of the focusing system of the eye to change focus from distance to near and vice versa while achieving clear vision at all distance quickly and without excessive effort.

**Ocular saccadics** – Ability for the eyes to change fixation from one point to another  
(Gross motor skills – locating a target in space)

**Ocular motilities** – Ability for the eyes to follow a target (fine motor skills- gathering information from an object once it has been located)

**Near point of convergence** – Ability of both eyes to maintain fixation on a target moving towards the nose

**Retinoscopy** – An objective measurement to determine the refractive state (how the eye bends/focuses light) – results may indicate:

**Emmetropia** – No spectacle prescription

**Hypermetropia** - Or farsighted is when your eyeball is too short or the cornea has too little curvature and the focal point falls behind the retina when looking at a distant object. This results in spending excessive effort to see clearly especially at near.

**Myopia** – Or shortsightedness is when your eyeball is too long or the cornea has too much curvature and the focal point falls in front of the retina when looking at a distant object resulting in poor distance vision.

**Astigmatism** – This usually occurs when the front surface of your cornea is irregular in shape ("shaped more like a rugby ball than a soccer ball"), resulting in unclear focus of the image on the retina. Causes both distance and near vision to be reduced.

**Ophthalmoscopy** – The internal health examination of the eye to verify the integrity of the eye's structure and health



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