

accommodation in the range of about 1 to about 3.5 diopters, and an amount of negative accommodation in the range of about 1 to about 3 diopters.

14. The intraocular lens of claim 13 wherein the optic has a far vision correction power for infinity reduced by a diopter power increment in a range of more than 0.5 to about 3.5 diopters.

15. The intraocular lens of claim 13 wherein the optic has a far vision correction power which results in myopia at a neutral resting state of the eye.

16. The intraocular lens of claim 13 wherein the movement means comprises a member including a proximal end region coupled to the lens body and a distal end region extending away from the lens body and adapted to contact a capsular bag of the eye.

17. The intraocular lens of claim 13 wherein the member circumscribes the optic.

18. The intraocular lens of claim 13 wherein the optic has a diameter in the range of about 3.5 mm to about 7 mm and the intraocular lens has an overall diameter in the range of about 8 mm to about 12 mm.

19. A method of inserting an intraocular lens in an eye comprising:

providing an intraocular lens comprising an optic adapted to focus light toward a retina of an eye, the optic having a far vision correction power for infinity reduced by a diopter power increment and a movement assembly coupled to the optic and adapted to cooperate with the eye to move the optic anteriorly in the eye and posteriorly in the eye to effect positive accommodating

movement of the optic and negative accommodating movement of the optic, respectively; and

placing the intraocular lens into the eye in a rest position so that the eye effectively cooperates to move the optic anteriorly in the eye from the rest position and posteriorly in the eye from the rest position.

20. The method of claim 19 wherein the optic has a far vision correction power for infinity reduced by a diopter power increment in a range of more than 0.5 to about 3.5 diopters.

21. The intraocular lens of claim 19 wherein said placing step is effective to provide an amount of positive accommodation in a range of about 1 to about 3.5 diopters, and an amount of negative accommodation in a range of about 1 to about 3 diopters.

22. The method of claim 19 which further comprises deforming the optic prior to said placing step.

23. The method of claim 19 wherein the optic has a far vision correction power which results in myopia at a neutral resting state of the eye.

24. The method of claim 19 wherein the eye includes a ciliary muscle and zonules and the intraocular lens is sized to facilitate the movement of the optic in response to the action of the ciliary muscle and zonules.

25. The method of claim 24 wherein the optic has a diameter in the range of about 3.5 mm to about 7 mm and the intraocular lens has an overall diameter in the range of about 8 mm to about 12 mm.

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