

## VISION THERAPY

### What is vision therapy?

Vision therapy is a highly effective non-surgical treatment for many common visual problems such as “lazy” eye, crossed eyes, double vision and some reading learning disabilities. Vision therapy trains the entire visual system.

Vision therapy is a program designed to treat visual conditions that are not effectively treated with the use of contact lenses, eye glasses or patching. Our vision therapy program helps determine a patient’s visual and motor skill level, and is specifically designed to develop his/her visual motor and perceptual abilities. We place great value in tailoring vision therapy programs to those requiring assistance with visual and visual motor development.

Vision therapy is a progressive program of vision exercises or procedures designed to enhance the brain’s ability to control eye alignment, eye movement, focusing abilities, and eye teaming skills. It is very individualized to fit the visual needs of each patient. We generally conduct weekly in-office sessions and supplement with at-home procedures.

The ultimate goal is to help patients develop or improve fundamental visual skills and abilities, improve visual comfort and efficiency, and change how the patient processes or interprets visual information.

### My child had a school screening or vision exam and sees 20/20. Isn’t that enough?

No! Many of these visual problems go missed or undiagnosed. Most conditions treated with vision therapy are problems, not with the eyesight, but with the way the brain processes visual information and the way the eyes are working together.

#### What do I look for?

*(including, but not limited to)*

- \* Poor grades in math or reading
  - \* Holding reading material unusually close
  - \* Loss of place while reading
  - \* Tiring easily while reading
  - \* Needing to use a finger to help keep place
  - \* Transposition of letters or numbers (13 for 31)
  - \* An eye that tends to drift or wander
  - \* Covering or favoring an eye
  - \* Head tilt
  - \* Headache
  - \* Complaint of double vision
  - \* Trouble with watching 3-D movies
- \* Reversals during writing or reading (*d for b OR saw for was*)

If you or your child is interested in learning more about Vision Therapy, please feel free to make an appointment with our doctors!