

What is Vision Therapy?

- Vision Therapy is an individualized treatment program, supervised in office to help correct visual motor and/or perceptual deficiencies. This includes
 - Eye teaming
 - Eye alignment
 - Eye tracking
 - Eye focusing abilities
 - Eye movements
 - Visual processing
- Vision is more than seeing 20/20. Other important factors include how well the eyes work together as a team (binocular vision), and the eyes ability to focus up close (accommodation). Additionally, it is important to be able to make sense of what you are seeing.
- Types of vision related problems
 - **Visual Efficiency**
 - How information is gathered by the eyes. Includes eye muscle movements, focusing ability, and eye teaming.
 - Problems in this area may cause headaches, eyestrain, blurred vision, double vision, loss of place when reading, poor reading comprehension, letter reversals, and poor hand writing.
 - **Visual Perceptual**
 - How information is perceived and processed.
 - Problems in this area can lead to poor spelling, poor word recognition, an inability to discern similarities and differences, poor reading comprehension, poor handwriting/copying, letter reversals, poor understanding of concepts and difficulty with abstract learning
 - Difficulties recognizing, matching, categorizing, sequencing, and detecting relationships among stimuli.
- **Signs/Symptoms to look for**
 - Frequent Blinking/Eye Rubbing
 - Closing or covering one eye
 - Holds reading/writing material close to face
 - Eye Strain
 - Double vision
 - Headaches
 - Uses finger to read
 - Confuses letters or words
 - Confuses Left and Right
 - Skips, Rereads or Omits words
 - Loses place when reading
 - Poor reading comprehension
 - Avoids Reading
 - Short attention span
 - Moves head when reading