



A TEACHERS'S GUIDE TO VISION THERAPY

COLEMAN*Vision*



What is Vision Therapy?

Vision Therapy (also called Neuro-visual rehab therapy) is the part of functional optometric care devoted to developing, improving, and enhancing neuro-visual performance for children and adults.

Some visual conditions cannot be treated adequately with glasses, contact lenses, patching, or surgery, and are best resolved through a program of Vision Therapy. Vision Therapy is “physical therapy” for the eyes AND brain, teaching your brain to coordinate your eyes, your hands, and your body all together.

Vision and Learning

How the brain and eyes work together – vision – has a great impact on the learning process. The American Federation of Teachers recently acknowledged the vital role that vision plays in our children's education. A tremendous amount of learning happens visually, so proper vision care is crucial to helping students reach their full potential.

Over 80%
of learning is visual

1 in 4 children
in school

+

3 in 4 children
with reading disabilities

are affected by
visual dysfunction

Vision is a learned skill
and can be trained like walking and talking.

Vision and Learning

Here are five very common signs that a vision based learning problem may be interfering with your child's ability to read and learn:

- 1) Skips words or re-reads lines**
- 2) Avoids reading or has poor reading comprehension**
- 3) Homework takes longer than it should**
- 4) Headaches or gets tired when reading**
- 5) Has a short attention span with reading and schoolwork**

Any one of these symptoms is a sign of a possible vision based learning problem. Research continues to show that vision disorders interfere with academic performance. Over 60% of children who have difficulty learning have undiagnosed vision based learning problems at the root of their difficulties. With proper diagnosis and treatment, reading levels improve significantly, comprehension increases, and sports performance improves. It is important to watch for visual disorder symptoms in both children and adults.

Our Vision Therapy

A quality Vision Therapy program is tailored to the patient's individual needs, and involves a series of supervised procedures to build functional vision skills through practice, and finally embedding them into the neuro-visual system.

We treat many common visual based problems such as:

- Reading and learning difficulties
- Poor sports performance
- Convergence insufficiency/excess
- Motion sickness
- Vision changes due to developmental disorders, stress or illness
- Double vision (TBI, stroke, concussions)
- Lazy eye/amblyopia
- Eye turns/strabismus

Vision Therapy rehab sessions deliver procedures designed to enhance the brain's ability to control:

- Eye tracking
- Eye focusing
- Eye teaming
- Eye fixations
- Visual motor control
- Visual processing

Since each individual's needs are unique, each Vision Therapy program is delivered with a trained and experienced Vision Therapist, performed under a doctor's supervision and evaluation. Our functional vision practice devotes a large amount of space, state of the art equipment, and continuing education to provide a full scope of treatment. Our goal is to help you or your child achieve their full potential with clear, comfortable, accurate, and efficient vision.



Take an Eye Assessment



After you consider each question, select the option that applies to the person you are assessing. Put a number next to each one to calculate the points for each one.

Has trouble keeping centered on reading.

- ☐ Never (1 point)
- ☐ Sometimes (2 points)
- ☐ Often (3 points)

Difficulty completing tasks/homework on time.

- ☐ Never (1 point)
- ☐ Sometimes (2 points)
- ☐ Often (3 points)

Skips or repeats lines while reading.

- ☐ Never (1 point)
- ☐ Sometimes (2 points)
- ☐ Often (3 points)

Loses belongings or things.

- ☐ Never (1 point)
- ☐ Sometimes (2 points)
- ☐ Often (3 points)

Reading comprehension low, or declines as day wears on.

- ☐ Never (1 point)
- ☐ Sometimes (2 points)
- ☐ Often (3 points)

Reverses letters, numbers, or confuses similar words.*

- ☐ Never (1 point)
- ☐ Sometimes (2 points)
- ☐ Often (3 points)

Avoids doing near work such as reading.

- ☐ Never (1 point)
- ☐ Sometimes (2 points)
- ☐ Often (3 points)

First response is "I can't" before trying.

- ☐ Never (1 point)
- ☐ Sometimes (2 points)
- ☐ Often (3 points)

Is clumsy, accident prone, knocks things over.

- ☐ Never (1 point)
- ☐ Sometimes (2 points)
- ☐ Often (3 points)

Has forgetful, poor memory.

- ☐ Never (1 point)
- ☐ Sometimes (2 points)
- ☐ Often (3 points)


TOTAL POINTS

15-20 points total = Possible functional vision problems

21-30 points total = Probable functional vision problems

Over 30 points total = Definite functional vision problems

If your student scored 15 points or more, please call us at 417-310-9344



We provide comprehensive family eye care in addition to functional vision exams and treatment for all ages in the unique areas of vision development, vision and learning, visual therapy and sports vision. With over 60 years of family service, we are the only clinic in the Joplin area uniquely trained and experienced in providing the full spectrum of functional, performance-based vision therapy and care.