

EYE CARE

Vision and Learning

BY DR. LIANNE PINO



IN SCHOOL, 75 TO 90 PERCENT OF WHAT WE LEARN INVOLVES our visual system. About 25 percent of students struggle with their visual skills such as eye teaming, eye focusing, eye tracking and visual information processing. In the technological world that we live in now there is a high demand for us to use our visual skills. In addition, children and adults diagnosed with learning disabilities often, about 75 percent, have deficiencies with their visual skills. Vision is one of the most complex processes used in learning, therefore it is very important to have a comprehensive eye exam every year and, if there are symptoms and/or signs of visual skill deficits, seek further evaluation by a developmental optometrist.

People with learning related visual problems have to be assessed for more than just their refractive error (ex. nearsightedness, farsightedness and astigmatism) and their ocular health. There are 3 related areas in the visual functions. 1. Visual acuity, refraction and ocular health. This is evaluated in a comprehensive eye exam. 2. Visual efficiency. A person's eye teaming, eye focusing and eye tracking skills. This is usually evaluated in a visual efficiency exam (VEE) by a developmental optometrist. 3. Visual information processing. This is the cognitive aspect of our visual skills. Some of these skills are figure-ground, spatial awareness, visual memory and visual-motor integration. These are evaluated in a visual perception evaluation (VEP) by a developmental optometrist.

At Exceptional Vision Therapy and Learning Center (EVTLC) we provide developmental eye exams that evaluate both a person's visual efficiency and visual information skills. We can also perform comprehensive eye exam next door at Exceptional Vision. Our goal at EVTLC is to alleviate the symptoms and signs so a person can concentrate on learning and not the visual discomfort they are experiencing. We can help alleviate these symptoms by using lenses, prisms and/or vision therapy. With these tools we focus on improving and remediating a person's visual efficiency and visual information processing.

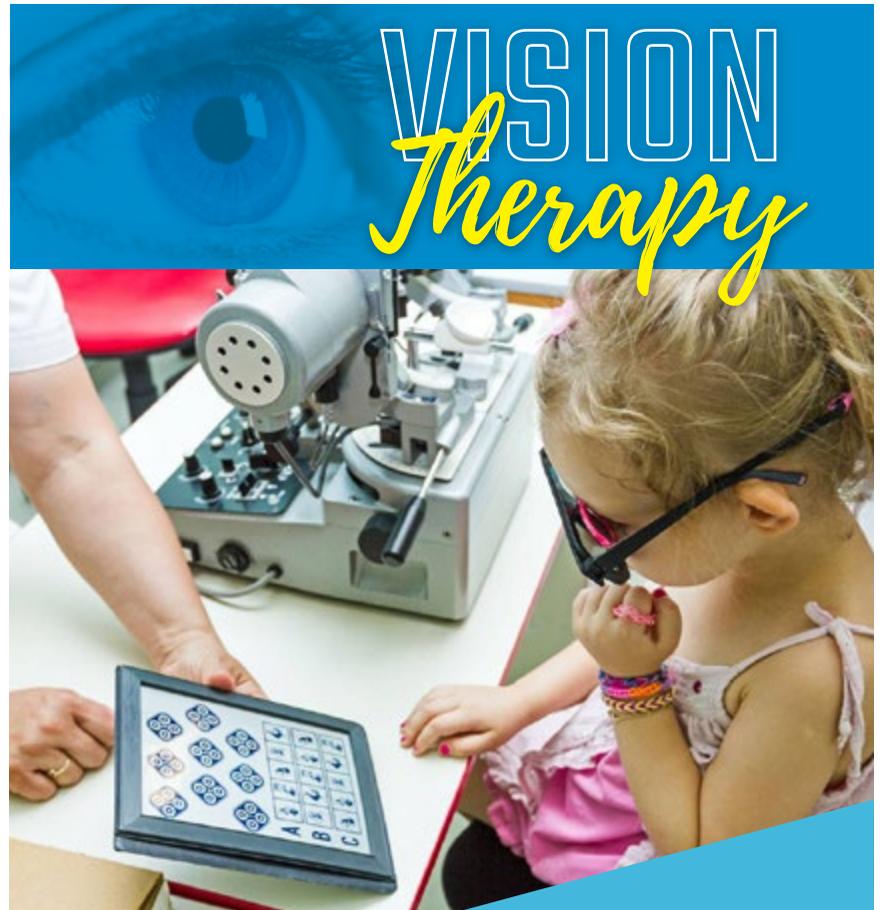
Often you see people with reading difficulties have co-existing visual and language processing deficits. The best way to approach these deficiencies is in a multi-disciplinary approach to address their needs. Children who exhibit visual skill deficiencies begin to have problems when they begin school. They may have reading, mathematics, writing, spelling, comprehension, sports, playground and/or social difficulties. Unresolved visual deficiencies can cause people an inability to respond fully to their educational needs.

These are a few of the signs and symptoms you may see when someone has a visual skill deficit:

Complains of blurred vision; Rubs eyes frequently; Squints; Closes or covers one eye; Occasionally sees double; Able to read for only a short time; Poor reading comprehension or Eye coordination problems.

Numerous research and studies have demonstrated the effectiveness of vision therapy. Vision therapy is not only for children, adults can also benefit from vision therapy. You don't "outgrow" visual skill deficiencies. Often time's people are labeled dyslexic or attention deficit before having their visual skills evaluated for a possible contributing factor to their learning disability. Post-traumatic brain injury patients can also exhibit these visual skill deficiencies. These deficits can be remediated with vision therapy to aid people overcome and best manage these learning disabilities.

If you or someone you know is experiencing these symptom/signs it is important that you get evaluated by an eye care professional, such as a developmental optometrist like Dr. Lianne Pino. If you would like to learn more about the benefits of vision therapy please contact our office for a free consultation with Dr. Lianne Pino at 786-886-7346. You can also learn more at www.evtlc.com.



VISION & LEARNING

Even if you have 20/20 vision, deficiencies in the following visual skills can lead to Learning-Related Vision Disorders, visual discomfort and poor sports performance.

**EYE TRACKING SKILLS · EYE FOCUSING · EYE TEAMING
EYE-HAND COORDINATION · VISUAL INFORMATION PROCESSING**

Treatments available at EVTLC:

- Learning-Related Visual Disorders often seen in Learning Disabilities, Autism, ADHD and dyslexia
- Amblyopia ("lazy eye")
- Strabismus (eye turns)
- Computer Vision Syndrome
- Rehabilitation after traumatic or acquired brain injuries
- Rehabilitation after concussions
- Enhancing visual skills in athletes



Enhancing visual skills to improve learning, comfort, quality of life and sports performance.



Exceptional Vision Therapy & Learning Center
9000 SW 152nd Street, Suite 204
Palmetto Bay, FL 33157
(786) 886-7346 · (786) 242-7755
www.evtlc.com · info@evtlc.com