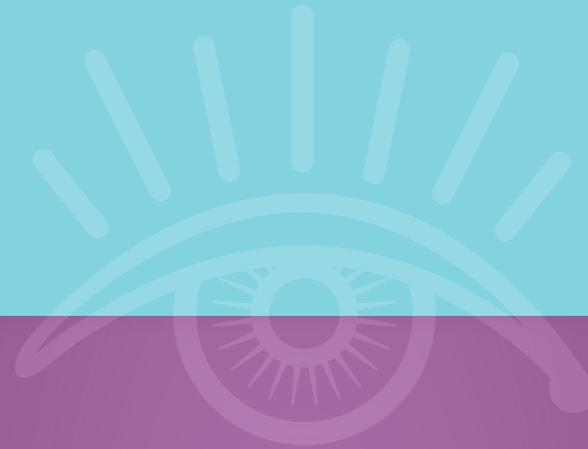


What is Vision Therapy?

Vision Therapy is a type of physical therapy. Like other forms of physical therapy, with vision therapy, optimum results require much more than visual acuity or binocular eye muscle control. Vision Therapy integrates visual acuity and binocular function plus detailed brain function activities that collectively control thousands of components of our entire bodies coordinated actions. Your visual system is your steering system and Vision Therapy will improve the quality and accuracy of this system.



Diagnosing and Treating Children With Vision Issues



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Signs a child may be having vision troubles

- **Eye strain/fatigue** – may feel pressure around the eyes
- **Headaches** – especially after long reading sessions
- **Double vision**
- **Skipping lines or repeating lines when reading.**
 - The child may compensate with excessive finger use when reading
- **Poor hand-eye coordination**
- **Poor concentration/aversion to reading**

Ways to detect vision issues

- **Have the child read aloud to you**
 - Do they struggle to track from one line to the next?
 - Are they reading slower than normal?
 - Does their speed improve with a line guide?
 - Are they hesitant to read in front of their peers?
- **Do they cover an eye when reading?**
- **Do they need to sit close to the board?**
- **Do they have a short attention span?**
- **Do the eyes jump when you cover one eye and then switch to cover the other eye while the child is focusing on a near object?**



Common Vision Problems in Children

Eye Teaming

A child may see 20/20 on an eye chart, but their eyes may not be working together in a way that lets them perform at their optimum in school.

When reading or doing near work, the eyes should come together or converge. In the below conditions, these are the most common eye conditions a child may experience when reading.

- **Convergence Insufficiency:** In this condition, the natural resting position of the eyes is outward when reading or looking at close material. The child's eyes may drift outward causing words to come in and out of focus or making the words drift around on the page.
- **Convergence Excess:** In this condition, the eyes tend to rest too far inward when reading. These children have eyes that drift inward and may experience many of the same symptoms as convergence insufficiency.

Eye Focusing

The focusing (accommodation) system is composed of muscles inside our eyes that allow us to see clearly at different distances.

- **Accommodative Dysfunction:** These children have difficulty seeing near objects clearly. They may also have difficulty shifting their focus from far to near (from the board to their paper).
- **Hyperopia(farsighted):** This condition is a result of the length of the eye being too short to properly focus light entering the eye. Most children are farsighted; however, the majority grow out of this condition as their eye grows. Since farsighted children must use their muscles to bring distance objects into focus, they often have difficulty focusing on sustained reading or near work.

Perceptual Difficulties

Visual perception is the individual's ability to interpret what is seen.

- **Perceptual Anomalies:** These children may have difficulty interpreting, retaining, or organizing what they see.
- **Dyslexia:** This is a brain dysfunction that causes difficulty and confusion when reading. Many children with eye teaming or eye focusing problems can display signs that could be confused with dyslexia.

Vision Therapy

Goals

- Our goal is to give each child the tools they need to properly compensate for their vision disorder whether it be strengthening the muscles in and around the eyes, improving their visual processing skills, or increasing eye coordination. This allows the child to perform at their full potential in school and other visually demanding activities. This will improve academic performances and allow the child to succeed with their goals in life.

Process

- First, a comprehensive eye exam is required to identify the child's visual needs.
- The duration of therapy varies with the severity of the vision disorder, but it is typically around 20-30 weeks with signs often improving before symptoms.
- The child will attend weekly in-office sessions to reinforce and build onto the prescribed home-therapy activities. In office sessions are with a trained professional observing and instructing. These sessions can be visually difficult putting a large demand on the visual system. It is normal for the child to feel tired after a therapy session. At home therapy is composed of several different activities requiring 15-30 minutes of eye exercises 4-5 days a week.
- Each therapy regimen is designed to address each child's specific visual needs.
- The therapy is composed of challenging activities and procedures, much like traditional physical therapy to work the muscles or perceptual skills the individual is lacking.

What should I do if I feel my child is having vision troubles?

Call Brunswick Vision Therapy at 419-782-3937 to schedule an appointment for your child today!