

Frequently Asked Questions

How long do vision therapy sessions last?

Treatment consists of 30-45 minute in office therapy sessions combined with homework exercises that patients do at home.

The duration of the treatment varies between 10-25 sessions.

Is vision therapy only for children?

Eventhough children are the most commonly treated due to vision requirements at school, many adults who had these types of problems and remain untreated, will benefit from vision therapy treatments because the symptoms remain the same.



**Have any questions?
Feel free to contact us.**

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**Vision Therapy
Specialists**

How vision therapy can help

Vision therapy is an individualized treatment program using specialized eye exercises and equipment that helps teach the patient how to correct problems with their eye muscles and improve their strength to achieve good binocular vision.

Signs and Symptoms of binocular vision problems

- Limitations on sports, driving, reading
- Eyestrain (especially while/after reading)
- Headaches
- Blurred vision
- Double vision
- Inability to concentrate
- Frequent loss of place while reading
- Sleepiness during activities
- Trouble remembering what was read
- Words appear to move, jump, or float
- Problems with motion sickness and/or vertigo
- Short attention span
- Lazy eye: amblyopia
- Double vision due to neurological problems

About Us

In 1976 after obtaining her degree and becoming an Optometrist in Bogotá, Colombia, Dr. Barnes spent five years in Switzerland and obtained a certification in Orthoptics from the School of Medicine Ophthalmology Faculty in Geneva Switzerland.

As an Orthoptist, Dr. Barnes is skilled in performing and interpreting a variety of diagnostic procedures. She uses her extensive experience and training in administering eye examinations for strabismus, amblyopia, diplopia and other conditions related with binocular vision problems. She has diagnosed and successfully treated hundreds of patient in optometric practices including university and hospital settings in Bogota, Colombia.

