

## > VISION REHABILITATION NEWS



# REMINDER:

*Harvard Medical School Research Identified a Connection Between Dyslexia & Vision Problems*



Research from Harvard Medical School, shows that approximately 80% of children who have Dyslexia also have eye coordination and eye movement disorders. This study was published in July 2018 in the Journal of the American Medical Association Ophthalmology.

The study also found that 33% of the non-dyslexic children who participated in the study also had the same vision disorders contributing to their reading challenges.

Over the years, we have helped hundreds of children who had vision problems contributing to their difficulties with reading. Once the vision problems were taken care of, these children were able to read and responded faster to tutoring and special services at school (when needed).

We have also seen a number of children who had vision problems that were mistaken for Dyslexia. Once the vision problems were corrected, the Dyslexia symptoms disappeared and they were able to read and learn.

When you find children that continue to struggle with comprehension, reading and learning, it is appropriate to refer to our office for a developmental vision evaluation. Please email us if you would like a referral form.

### ARE YOU LOOKING FOR AN IN-SERVICE PROGRAM?

BE SURE TO TAKE ADVANTAGE OF OUR FREE IN-SERVICE PROGRAMS:

- Double Vision, Field Neglect, Dizziness and Motion Sickness: The Visual Connection
- Post Trauma Vision Syndrome: A Co-Management Approach
- Vision + Learning

These workshops are available on a limited basis, as our doctors' schedules allow. For more details or to schedule your in-service program, please call our office and ask for Lindsay or email: [lindsay@sdvisions.com](mailto:lindsay@sdvisions.com)

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## HEAD INJURIES CAN IMPACT VISION

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As you well know, while we all (adults & kids) bump our heads multiple times as we navigate our world, in some cases those multiple bumps can add up. In fact, one does not need to be knocked unconscious in order to experience visual deficits caused by the impacts.

Published February 13, 2020 in JAMA Ophthalmology, "Neuro-Ophthalmologic Response to Repetitive Subconcussive Head Impacts," shows that the "simple" act of heading a ball in soccer alters brain function related to vision. The study found that after 10 headers, these subconcussive head impacts resulted in significantly lowered scores for oculomotor (eye movement) and convergence (eye coordination). These are two visual skills that are vital for reading and learning.



Subconcussive head injuries are not exclusive to soccer players but this study highlights that it doesn't require a diagnosed concussion to impact visual function. The tricky part of vision problems that relate to head injuries is that it is not always immediately obvious. Sometimes it can take several weeks before the vision problem will surface which is why it is often missed.

We have been able to help adults as well as pediatric patients who were struggling with reading after a head injury due to poor oculomotor (tracking/eye movement) or convergence skills (eye coordination). Additional research has shown that the incidence of eye coordination and eye movement disorders are very common after a head injury. The actual symptoms can really vary and difficulty with reading is one of the more common signs.

Please keep in mind, these visual disorders are typically very treatable. Treatment can range from special lenses to in office Neuro-Optometric Vision Rehabilitation.

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## HOW TO QUICKLY DETERMINE IF A VISION DISORDER IS IMPACTING PERFORMANCE

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We recommend using the Vision Symptom Survey, which is an excellent tool to identify patients who are struggling with visual sequelae post-concussion. If the patient has any peripheral vision symptoms that are occurring often or always (3 or 4), it can be very distressing for the patient and an immediate referral is indicated. However, overall, a score of 32 or higher indicates the need for a Neuro-Optometric Vision Evaluation. To get your free copy, please email: [lindsay@sdvisions.com](mailto:lindsay@sdvisions.com)



Happy  
Holidays

Once again, we have our list of toys that help develop visual skills available. If you would like it emailed to you (with clickable links), please email [lindsay@sdvisions.com](mailto:lindsay@sdvisions.com)