

> VISION REHABILITATION NEWS



# VISUAL DISORDERS INTERFERE

*with reading and learning*



With everyone getting ready for back to school, we thought you might like some information regarding how vision problems can impact learning.

When children present with visual-spatial, persistent tracking problems, visual processing or

perceptual disorders, it is important to rule out the presence of deficiencies in foundational visual skills. For example, an eye coordination problem could cause the text they are trying to read to appear to be moving or double, somewhat similar to this image:

**Most children have no idea how they are supposed to see. So when words look like this, they assume everyone sees the same way they do. Imagine how frustrating that would be.**

When a child tries to process visual information which has faulty input, a correctable visual dysfunction could easily be mistaken for a visual processing or perceptual disorder requiring accommodations and strategies.

As we have mentioned before, as Developmental Optometrists, we are taught the following foundational sequence:

*Visual Acuity & eye health*  
*Visual skills essential to reading and learning:*

- Accommodation
- Oculomotor
- Vergence - Convergence/Divergence
- Fusion/Binocularity

*Visual Information Processing*

Visual Acuity and eye health must be checked first to rule out a possible lens prescription or any signs of eye disease. Then, the visual skills that are essential to reading and learning need to be evaluated. Our eyes must be able to maintain focus, track along a line of print (without losing one's

place), and move together in unison to provide single, clear and comfortable vision. When children see images like the above when they try to read, they often don't say anything because they think everyone sees the same way.

For a PDF of a symptom checklist please email our VT Coordinator, Lindsay at: [lindsay@sdvisions.com](mailto:lindsay@sdvisions.com)

When you find clients who are symptomatic or have persistent tracking problems, the first step is to refer them for a Developmental Vision Evaluation. If you have any questions about a specific client, please feel free to call or email Lindsay and she will arrange for you to speak with one of our doctors.

**CONVERGENCE INSUFFICIENCY SYMPTOM SURVEY**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please answer the following questions about how your eyes feel when reading or doing close work. If reading or doing close work the respondent and eyes are usually at rest, 1 circle response with a "yes" please qualify with the frequency (circle). Do not give examples.

How often does each occur? (circle a number)	Always	Sometimes	Occasionally	Frequently	Never
How often does each occur? (circle a number)	0	1	2	3	4
Do your eyes feel tired when reading or doing close work?	0	1	2	3	4
Do your eyes feel uncomfortable when reading or doing close work?	0	1	2	3	4
Do you have headaches when reading or doing close work?	0	1	2	3	4
Do you feel dizzy when reading or doing close work?	0	1	2	3	4
Do you lose concentration when reading or doing close work?	0	1	2	3	4
Do you have trouble remembering what you have read?	0	1	2	3	4
Do you have double vision when reading or doing close work?	0	1	2	3	4
Do you see the words move, jump, swim, or appear to float on the page when reading or doing close work?	0	1	2	3	4
Do you feel like you read slowly?	0	1	2	3	4
Do your eyes ever hurt when reading or doing close work?	0	1	2	3	4
Do your eyes ever feel sore when reading or doing close work?	0	1	2	3	4
Do you have a "tugging" feeling around your eyes when reading or doing close work?	0	1	2	3	4
Do you notice the words blurring or coming in and out of focus when reading or doing close work?	0	1	2	3	4
Do you lose your place when reading or doing close work?	0	1	2	3	4
Do you have to reread the same line of words when reading?	0	1	2	3	4

Total Score: \_\_\_\_\_

A score of 16+ indicates the need for a binocular vision evaluation.

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## POST-CONCUSSION MIGRAINES AND HEADACHES?

One of the chief complaints we often hear from post-concussion patients, in addition to double vision, is headaches and migraines despite no obvious etiology other than the concussion.

Over the years, we have helped hundreds of patients resolve constantly recurring headaches and migraines when the root of their problem was due to underlying eye coordination, focusing and eye movement disorders. Post-concussion vision problems can often be elusive because the symptomology is so diverse and most people who have these functional vision disorders can see the letters on the eye chart (with or without glasses).



While everyone is familiar with the obvious signs of vision problems, such as squinting, complaints of blurry vision or difficulty seeing, the symptoms that are harder to identify and are often overlooked are the ones that can trigger headaches and migraines.

For a PDF of a more in-depth symptom checklist please email our VT Coordinator, Lindsay at: [lindsay@sdvisions.com](mailto:lindsay@sdvisions.com)

When you find a client who is symptomatic, please refer to our office for a Neuro-Optometric Vision Evaluation. Once the evaluation is completed, you will receive a report of the findings.

While most of the time we can minimize or eliminate the visual disorder with therapeutic lenses, a program of Optometric Vision Therapy might be needed.



I have been thriving again. I used to avoid things like parties, shopping and the cinema because it would cause me to be sick. I can now enjoy those things again. Visions Therapy Center has been a wonderful part of my journey. I now have tools to help me if I'm symptomatic. I highly recommend Visions Therapy Center.

**AMY - VISION THERAPY SUCCESS STORY**

### TAKE ADVANTAGE OF OUR FREE IN-SERVICE PROGRAMS:



Are you looking for an in-service program?

(1)

**Double Vision,  
Field Neglect,  
Dizziness and Motion  
Sickness:**

The Visual Connection

(2)

**Post Trauma  
Vision Syndrome:  
A Co-Management  
Approach**

(3)

**Vision Development  
Problems in the Special  
Needs Population**

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)