

> VISION REHABILITATION NEWS



FROM STRUGGLING TO SUCCESS:

Thanks to Vision Rehabilitation

We recently received a letter from one of our adult patients. After a major change in jobs, he started struggling with his job duties because of an underlying eye coordination problem which continued to get worse. We thought you might appreciate reading what he had to share:

“Having just concluded 12+ weeks of vision therapy, I could not be more grateful for the staff and experience I had with the Visions Therapy Team. To be honest, I had vision issues for over a year before coming in the door and was pretty hopeless about my condition. I was struggling with bouts of depression and unsure of my future in my career as a videographer.

Committing to a vision therapy plan with no guarantee of outcome seemed like a huge risk - but it's one of the best risks I've taken in my adult life. I went from hardly functioning in normal life to getting my life back.

Before vision therapy, I couldn't use my phone, could only get through a couple hours of editing, had to limit my outdoor cycling time, and struggled to stay alert in the evenings to invest in my kids. Now I can do all of those things again with joy and minimal restriction.

I cried at my final vision therapy session, realizing how far I'd come - and gaining back functions that for a while, I wasn't sure would ever return to normal. I am so grateful for Tricia, Dr. Gentrup, and the team that made every visit an enjoyable and comfortable experience.

Vision Therapy is challenging, no getting around that, but the payoffs are tenfold. I was shocked to hear how few people are aware that vision therapy exists - but I think it's going to have

a monumental role in helping kids and adults alike with vision issues or disorders, especially with the increase of technology in our lives.

I'll continue the healing process now, feeling empowered to build strong screen habits, care for my vision system like any other body system and continue to strengthen my eyes.

Thank you, Visions Therapy Center - literally a life changing experience!”

Research has shown that the incidence of eye



coordination and eye movement disorders are very common after a head injury. The actual symptoms can vary and difficulty with reading is one of the more common signs as well as difficulties with balance and movement. If you would like a more in-depth symptom checklist to use as a quick reference guide for the visual sequelae that can occur, please email our Patient Care Coordinator, Lindsay at: lindsay@sdvisions.com

HOW TO REFER PEDIATRIC PATIENTS

A number of OTs have asked for some tips and pointers on how to explain vision therapy and developmental optometry to patients, so we thought it might be good to give you some general guidelines.

The toughest hurdle for professionals may be explaining why the child needs to see an eye doctor. Sometimes, parents think their child has already had an eye exam either at school or at the pediatrician's office, when all the child has had is a vision screening. Other times, the child has already had an eye exam. In addition, if the child can see "20/20" or better, the assumption is that the child's vision is "perfect."

We have found that it is easier to explain that being able to see the eye chart is only one of more than 15 visual skills critical to reading and learning. Regular eye exams by ophthalmologists and most optometrists are designed to test for the health of your eyes and how well you can see the letters on the eye chart (which is a deciding factor in whether or not glasses are needed).

How well one's vision works on a daily basis for tasks like reading and learning is not something that is routinely checked by eye doctors, unless they specialize in developmental vision. Most people do not realize that vision is something



that develops from infancy and is something which can be influenced by a variety of factors. Children with special needs, developmental delays and attention problems are often missing many visual skills which are key to their ability to perform in life and school. Therefore, an

evaluation by a **developmental optometrist** can often hold the key to success.

We have also found that it is much easier to refer for a developmental vision evaluation, without mentioning vision therapy. We do not always recommend vision therapy, and when we do, we explain the results of the evaluation and the need for vision therapy in depth, so parents fully understand everything.

If you have any questions, please let us know.

HOW YOU CAN HELP!

For more information or a weighted symptom checklist to assist in identifying potential Binocular Vision Disorders, please email our Patient Care Coordinator, Lindsay at: lindsay@sdvisions.com

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