

> VISION REHABILITATION NEWS



DIZZINESS: THE VISUAL CONNECTION

a simple bump to the head can impact visual skills

There are many patients who struggle with dizziness that often don't consider a bump to the head worth mentioning in their history. Optometric research has found that repetitive sub-concussive impacts to the head can have adverse effects on visual function.¹ This means that a simple bump to the head can have a dramatic impact on one's overall visual skills.

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 surfaces, which is why it is often missed. **It might interest you to know that the majority of patients who suffer concussions typically have good visual acuity and eye health, but struggle with functional vision disorders that impact reading, schoolwork, balance and movement which can interfere with their overall recovery.**

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 (eye movement) or convergence (eye coordination) skills.

In some cases, the vision problems were completely missed by previous health care providers because these are very subtle, in other cases the patients were told nothing could be done.

As we have mentioned before, most people aren't aware of the visual component that can impact their symptoms, including dizziness, and often attribute them to other things. We hope you find this information helpful.

Patients continue to share with us how much their lives have improved by addressing their visual disorders. While this is very rewarding, we can't help but think about all those patients who are continuing to struggle unnecessarily with their symptoms because they don't know help is possible.

If you have any questions or would like an in-service for your team, please either call our office or send an email to Lindsay, at lindsay@sdvisions.com.

¹ 2020 JAMA Ophthalmology, "Neuro-Ophthalmologic Response to Repetitive Subconcussive Head Impacts."

UNDERLYING VISUAL DEFICITS CAN INTERFERE WITH YOUR RESULTS

Some pediatric patients who continue to struggle with reading or writing/drawing may have underlying eye coordination, tracking problems and/or visual motor deficits that are fully correctable. If you have any patients who have hit a plateau and more improvement is still needed, an evaluation by a Developmental Optometrist can be instrumental in unlocking the patient's progress.

When a visual deficit is identified, we will coordinate the patient's care with you. In some cases, therapeutic lenses alone are used to resolve the problem. In other cases, by including a program of Optometric Vision Therapy in the treatment plan we can facilitate an excellent outcome.



As you may recall, developmental delays, sensory integration issues and visual deficits resulting from concussion often include vision problems that can present with:

- *double vision*
- *dizziness and motion sickness*
- *visual perceptual delays*
- *ocular motor deficiency*
- *difficulty tracking*
- *blur and focusing difficulty*
- *light sensitivity*
- *visual motor dysfunction*
- *visual information processing disorders*



Use the QR code to access a more in-depth symptom checklist to help in identifying those patients who may have underlying visual deficits. When a Developmental Vision Evaluation is indicated, please refer the client to our office.

SCHEDULE YOUR FREE 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 free in-service program, please call our office (605) 271-7100 and ask for Lindsay or email: Lindsay@sdvisions.com