

What Is Vision Therapy?

Vision Therapy is an individualized program of activities designed to develop, remediate, and enhance visual performance. Integrating vision with the other senses, this program trains the person to process visual information faster and with less effort, resulting in improved performance, accuracy, and comprehension.



Vision Is More Than Clarity

A typical eye exam checks the ability to see 20/20 and eye health, but does not detect the brain's ability to visualize, understand, and apply visual information. If you've had a brain injury, it's imperative to be evaluated as soon as possible. Early detection can ensure a return to your daily activities without additional struggles.

Visual Symptoms Associated with Brain Injury

- Headaches
- Nausea
- Dizziness/Vertigo
- Blurred or double vision
- Eyestrain
- Sensitivity to light
- Poor reading comprehension
- Words seem to move on page
- Spatial disorientation
- Poor visual attention
- Poor peripheral vision (side vision)
- Difficulty driving
- Difficulty processing information
- Poor organization
- Poor visual memory



Find Out How We Can Help

Please visit our website integrativevisiontherapy.com for more information or call us to schedule a consultation.

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Vision & Concussion

Brain injuries affect the visual system at *least* 50% of the time. Clear vision does not mean that the visual system has been unharmed.

Why Check Your Vision?

Your doctor says you're fine to go back to normal activities. You're seeing just as clearly as you did before the injury, so why bother checking your eyes?

Studies show that most people who sustain a brain injury are able to see 20/20 with or without their glasses. But over 50% of people who sustain a concussion still have a resulting vision problem. The structure of the eyes might be fine, but we do not "see" with our eyes – we see with our brain. It is crucial to evaluate the *entire* visual system after a brain injury.



How Can We Help?

We know the frustration that can result from a brain injury. First, you're limited in your physical and daily activities. Then, you need to retrain your body to function in your normal daily environment. Struggling with undetected vision deficits can alter your life and success in various ways for years to come. Having a thorough vision exam can detect visual skill deficits and lead you to a successful solution so you can get back to your life.

In addition to eye health and visual acuity, our in-depth exam also evaluates:

- Eye Movement Control
- Focusing Near to Far
- Sustaining Clear Focus
- Eye Teaming Ability
- Depth Perception
- Ocular Fixation
- Visual Motor Integration
- Form Perception
- Visual Memory
- Eye Hand Coordination



Treatment Options

Recovering from a brain injury can seem overwhelming. Rehabilitating your visual skills can ensure that you will have a complete recovery to enable your success at school, work, sports, and life in general. Vision is much more than 20/20 eyesight. It's a complex process involving over 20 visual abilities and more than 65% of all the pathways in the brain. 85% of what a person perceives, comprehends, and remembers depends on the efficiency of the visual system.



Did You Know?

- Our visual system has several components: input, processing, output, and feedback
- Problems can occur in any one of the system components
- Untreated visual deficits resulting from a brain injury can affect performance and quality of life for many years to come
- Untreated visual deficits can increase the risk of another concussion in the future

Functional Vision Deficits

Possible vision deficits resulting from concussion could include:

- Eye Tracking Deficit
- Eye Turn
- Aiming/Teaming Deficit
- Focusing Deficit
- Visual Perceptual Disturbances
- Visual Memory Loss
- Depth Perception Deficiency
- Abnormal Blink Rate
- Balance & Posture Difficulties

At **Integrative Vision Therapy**, you will receive:

- A warm, inviting office located in a Victorian building in historic Saratoga Springs that feels more like home than a doctor's office
- A friendly, supportive staff that schedules plenty of time to answer all your questions
- A comprehensive vision exam
- Glasses prescription if needed
- Vision Therapy as needed
- Functional Supports – Suggestions and strategies to help you function in your daily living activities