

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. It's important to have children of all ages tested yearly. Even infants can benefit from early detection of visual deficits.

Symptoms

- Red, sore, or itchy eyes
- Jerky eye movements
- One eye turned in or out
- Squinting, eye rubbing, or excessive blinking
- Blurred or double vision
- Fatigue, headaches, dizziness, or nausea after reading
- Head tilting or blocking one eye when reading
- Frequently losing place when reading
- Omits, inserts, or rereads letters/words
- Poor reading comprehension
- Letter or word reversals
- Poor handwriting/Misaligns numbers
- Difficulty copying from board
- Inconsistent/poor sports performance



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 and Learning

Studies show between 80-90% of children that struggle academically have visual skill deficits that go beyond the ability to see 20/20.

Why Are Learning-Related Vision Problems So Epidemic?

Vision problems are far more common than people realize; but vision, like speech or walking, is a learned skill and can be trained. For over 40 years, passive visual activities like watching T.V. and using the computer, have replaced the games that encourage development of good vision skills. Many children's visual systems are not sufficiently developed to cope with classroom demands such as reading and writing.



Did You Know?

- Vision is our dominant sense
- 80% of learning is through the visual system
- At least 50% of the brain is dedicated to visual functions
- A student needs to have the ability to see quickly and understand all visual information to successfully achieve each academic task
- Many students' visual abilities are not up to the level needed to successfully navigate classroom demands

How Can We Help?

We completely understand the frustration and low self-esteem that can result from issues in the classroom! Vision problems develop for many different reasons. A thorough visual exam can determine the cause and lead you to a successful solution.

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

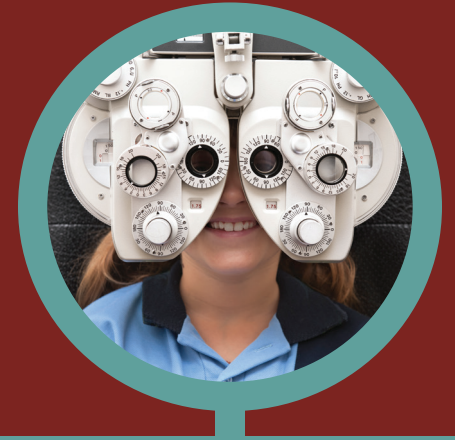


How Can YOU Help?

- Watch for symptoms from the list on the back of this brochure
- Talk to your child's school. Teachers can offer insights into your child's function since they observe your child daily in the classroom setting
- If you notice any symptoms, or your child is struggling in school and is not achieving to potential, schedule a comprehensive learning-related vision exam

Treatment Options

Children with learning-related vision problems rarely report symptoms; they think everyone sees the same as they do. 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 child perceives, comprehends, and remembers depends on the efficiency of the visual system.



We know how frustrating learning difficulties can be – both for your child and you – and we want your child to be successful!

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
- School Support – Easy to follow suggestions for the school to implement to support your child's visual function