



COLLEGE OF
OPTOMETRISTS IN
VISION DEVELOPMENT
PREVENTION • ENHANCEMENT • REHABILITATION



What is Vision Therapy?

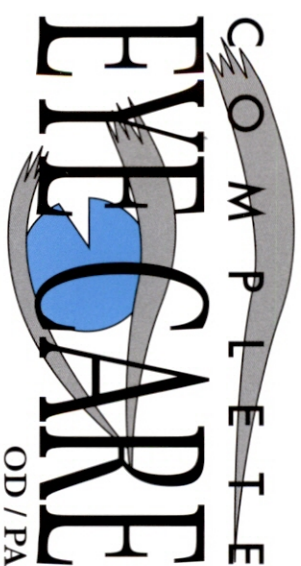
a progressive program of prescribed vision "exercises" designed to improve visual function and performance. How? By helping an individual learn to use their eyes and brain together better to interpret visual information accurately and efficiently

What to expect:

- 4-10 months of treatment (patient dependent)
- One or two 45 minute in-office therapy sessions per week
- 15 minutes of home therapy daily



Dr. Hilary Gestford is a residency trained developmental optometrist specializing in pediatrics and vision therapy. She is an associate member of the College of Optometrists in Vision Development pursuing her fellowship. She welcomes all new patients for comprehensive eye examinations as well as sensorimotor and visual perceptual evaluations.



"Personal Attention Your Vision Deserves"

IN OFFICE VISION THERAPY

Improving
Learning
Sports
Comfort
and
Quality of Life

Complete Eye Care

1200 Spruce Street
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One out of every four children has a vision problem interfering with their learning.

What specific visual dysfunctions contribute to Learning-Related Vision Problems and/or Poor Sports Performance?

Even if you or your child has 20/20 visual acuity, inadequately developed or ineffective visual abilities in the following areas can lead to

Learning-Related Vision Disorders or Poor Sports Performance:

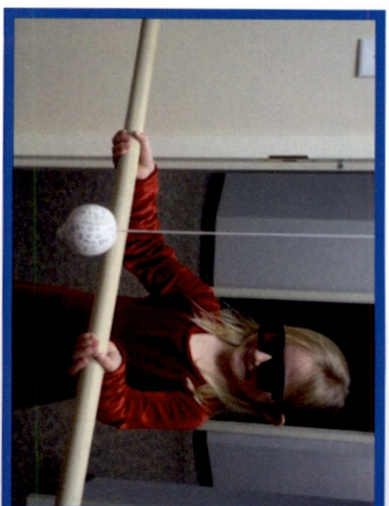
- eye-tracking skills (eyes staying on target)
- eye-teaming skills (eyes working in synchronized fashion)
- binocular vision (blending images from both eyes together at the same time)
- accommodation (eye-focusing)
- visual-motor integration (eye-hand coordination)
- visual perception (visual memory, visual form perception, directionality)

What other visual issues is vision therapy indicated for?

- amblyopia ("lazy eye")
- strabismus (eye turn)
- computer vision syndrome
- rehabilitation after traumatic brain injury or stroke

What can you look for? Even just one of these signs or symptoms can indicate that you or your child has an undetected vision problem.

- Frequent loss of place when reading
- Skips or re-reads lines/words
- Avoids reading/near tasks
- Confuses similar looking words
- Reports words jump, move, wiggle or run together when reading
- Difficulty copying from the board
- Poor handwriting
- Poor spelling
- Poor reading comprehension
- Letter or word reversals
- Holds reading material closely
- Inconsistent or poor sports performance
- Covers or closes one eye
- Squints, rubs eyes, or blinks excessively
- Eye turn in or out
- Head tilting or turning
- Headaches
- Blurry vision
- Double vision
- Red, sore or itching eyes
- Eye discomfort
- Light sensitivity
- Short/decreased attention span
- Smart in everything but school



Vision Therapy: It's not just about the grades!

The goal with vision therapy is to provide our patients with the skills they need to be successful and efficient visual learners and processors; to remove the hurdles which are preventing them from reaching their full potential. 80% of what we see, comprehend, and remember depends on the visual system. Therefore, the benefits of vision therapy spill over into every aspect of life, not just school performance. Patients often become better athletes, and the most rewarding outcome is when a patient exhibits a new sense of confidence when seeing with the ease and comfort the way their classmates do.

FOR MORE INFORMATION

www.covd.org

www.pavevision.org

www.visionhelp.com

www.visiontherapy.org

www.allaboutvision.com/parents/learning.htm