

Many vision problems do not require surgery for correction. In these situations, vision therapy is typically an option. Vision therapy is a form of physical therapy used on the eyes and brain. This therapy can also be used as an effective treatment for problems such as, lazy eye, crossed eyes, or double vision. There is more to vision therapy than simply strengthening the eyes. It also enhances the neurological connections between the eyes and the brain. Eyes are the windows of the brain. It directly influences sight based on how it interprets images received. A healthy connection between the eyes and the brain is essential for good eyesight.

## Vision Therapy Frequently Asked Questions:

### **How does vision therapy work?**

Vision therapy uses progressive vision exercises performed under the supervision of your eye care provider. Each set of exercises is tailored to meet the individual visual needs of a patient. The exercises are designed to continue until visual processing problems show improvement. In our office patients are typically seen for 1 hour long sessions once a week. Home therapy or homework may also be recommended.

### **What is the purpose of the vision exercises?**

Vision exercises are designed to help patients improve basic visual skills that connect the eyes with the brain. These exercises can improve visual efficiency by changing how a patient interprets images. This helps them see and understand images correctly.

### **Do these exercises simply strengthen eye muscles?**

The goal of vision therapy is not to strengthening eye muscles. These muscles can be strengthened through orthoptics if they need strengthening. This therapy is all about improving vision problems that may interfere with learning by strengthening the neurological pathways between the eyes and the brain.

### **What is the first step in a vision therapy program?**

A comprehensive vision exam is necessary before starting therapy. Following the exam, your eye care provider can determine whether or not this type of therapy is the recommended treatment for your vision problems.

### **Is there scientific evidence that it really works?**

Yes! Studies on vision therapy show it is effective in improving the lives of patients. Data shows that this therapy can improve visual function enough to keep it from interfering with a patient's ability to absorb information and learn. In its own sphere, this therapy is as effective as physical therapy or occupational therapy. The Convergence Insufficiency Trial is a great example. It can be found here:  
[http://www.convergenceinsufficiency.org/pdf/CITT\\_children\\_Scheiman.pdf](http://www.convergenceinsufficiency.org/pdf/CITT_children_Scheiman.pdf)

### **Who typically needs vision therapy?**

Vision Therapy can be a useful tool for helping both children and adults. Children with learning or reading difficulties can benefit from visual efficiency and visual perceptual activities. Adults can see vision improvement through this therapy as well. Vision therapy can help curb eye-strain related vision processing problems brought on by working with computers all day. A person who has experienced a Traumatic Brain Injury can also benefit from vision therapy to help restore vision back to normal.