

# *Carolina Vision Development*

*“Where Sight & Mind Build Success for a Lifetime”*

## *What is Vision Therapy?*

Optometric vision therapy, sometimes called visual training or VT, is that part of optometric care devoted to developing, improving and enhancing people’s visual performance. Vision therapy can benefit people of all ages.

Over several decades, behavioral optometrists have developed and used vision therapy – in combination with appropriate, judiciously selected lenses to:

- Prevent vision and eye problems from developing
- Develop the visual skills needed to achieve more effectively at school, work or play
- Enhance functioning on tasks demanding sustained visual effort
- Remediate or compensate for vision and eye problems which have already developed

Through vision therapy, people are able to develop more efficient visual performance.

## *Visual Skills/Visual Stress*

If an individual’s visual skills are not adequately developed, or a person fails to coordinate vision with other senses, vision problems may occur.

With poor binocularity, for example, one eye may locate an object in one place while the other eye locates it in another. The confusing signals may result in:

***Headaches.*** Especially near the eyes or forehead, or occasionally at the back of the head.

***Double Vision.*** Two objects are seen when only one exists.

***Reduced Performance.*** Losing your place while reading, rereading words or lines, difficulty with understanding or recalling what you’ve read, reading slowly.

***Discomfort, Fatigue.*** Body tension, stress or pain; weariness at the end of a school or work day.

***Suppression.*** Information from one eye may be blocked or ignored to avoid seeing double. If the visual problem is not corrected, it may get worse.

### ***Beyond Visual Performance***

Vision Therapy also has proven to be a remarkably effective tool in helping people with learning-related visual problems. Many problems in learning to read and write are made worse by poorly developed visual skills.

Dozens of experimental programs involving thousands of children and adults demonstrate that when visual skills are enhanced through vision therapy, learning is easier, reading levels rise, and in some cases, IQ scores have increased.

### ***Success at Carolina Vision Development***

We have seen the benefits of Vision Therapy first hand in our office. Children who once had to be removed from their classroom for specialized reading, are now able to learn along with their peers. A young swimmer who could not swim in a straight line is now thriving on her schools swim team. A 10 year old boy who could not ride a bike is able to after completing his program of care.

Each child, teenager, and adult that we work with at Carolina Vision Development have their own special success story.