

Computerised Home Vision Therapy Program

Do you or a family member suffer from:

- Headaches?
- Blurred vision?
- Eyestrain while reading?
- Do you feel tired after working on the computer or reading?
- Is your child not doing as well in school as you know they could be doing?
- Are you concerned that your child may have been incorrectly diagnosed as ADHD (Attention Deficit Hyperactivity Disorder) and even prescribed Ritalin treatment.

If so, you or your child could have a common eye muscle problem called “convergence insufficiency”, Learn more www.convergenceinsufficiency.org/ which is successfully treatable using our Computerised Home Vision Therapy Program.

Do these problems sound familiar?

You may be surprised to know that as many as 1 in 6 individuals have eye muscle problems that can lead to these and other symptoms, such as motion sickness, loss of concentration and double vision.

Many people never mention these symptoms to their optometrist since they have been occurring for so long they seem normal. Or people may not realise these symptoms could be caused by an eye muscle problem.

Could you have an eye muscle problem?

Depending on your age, please take one of these short self tests to see if you could have a vision problem, not associated with visual acuity, and which CANNOT be solved with glasses alone.

Short Test Ages 0–8 years (Parent to complete)

Short Test Ages 9 plus years

Why Do These Symptoms Occur?

Near vision tasks require long periods of maintaining constant focus and aiming the eyes without rest. The muscles of the eyes fatigue or undergo changes similar to a cramp, much like your arm muscles would experience, if you had to carry a heavy weight all day.

Our eye muscles were never designed to work in our high-tech world. Over the last hundred years many things have changed. Today we spend hours reading books, looking at computer screens and performing visual tasks at arms length. The result is constant stress on our finely tuned vision system. Many children and adults have 20/20 eyesight, but still have vision symptoms due to eye muscle fatigue.

These symptoms have nothing to do with visual acuity, (the ability to see and read the eye chart). Even with 20/20 eyesight you may suffer from these symptoms. Since they are caused by eye muscle problems, they can't be solved by glasses alone.

Both children and adults spend so much time reading or working on computers and other close up work today that the problem is increasing. We can't stop the growth of technology, but we can reduce its effect on our vision. And we can use technology to treat the problem for many patients.

What Can You Do If You Have An Eye Muscle Problem?

Please discuss this test you have performed with your eyecatchers optometrist. We will perform tests to determine if you or your child needs treatment. We can prescribe a computer based vision therapy program which will provide the type of eye exercises needed to coordinate the muscles, improve vision and help to eliminate the symptoms associated with eye muscle problems.

Designed to be used on your computer at home, at school, at work or at our practice, this system provides the specific training needed to automatically improve your reading skills while at the same time having fun.

With Computerized Home Vision Therapy, tired, achy eyes can be a thing of the past! No more daily suffering with headaches and eyestrain! Experience improved performance at school, on the job and in sports. Your child's renewed interest and enthusiasm for school can lead to better grades.

I've heard a lot about special lenses or filters which can improve reading. Can that be done instead of vision therapy?

You're probably referring to Irlen Tinted Lenses and no, they're not a substitute for vision therapy. Experiments continue to try to look for passive means such as filters to improve vision and reading. What sources tend to overlook is Irlen's caution when she introduced the concept of SSS, or Scotopic Sensitivity Syndrome, as a possible basis for reading difficulty with some dyslexics. Many of the symptoms of SSS overlap with visual dysfunction such as instability of print, loss of place when reading, and difficulty concentrating when reading. This prompted Irlen, in her 1991 book: "Reading by the Colors", to write that individuals interested in being screened for SSS should first see a vision specialist for a complete visual examination.

Helen Irlen, an educational psychologist, recognized the difference between routine eye examinations and a vision therapy evaluation. She noted:

"When individuals take a routine eye examination, the vision specialist normally assesses acuity, refractive status, and binocular function. When the exam is more than routine, additional tests will analyze the visual system in greater detail and will also evaluate focusing ability and tracking skills. The doctor will also check for the presence of eye diseases. For SSS treatment to be successful, existing visual problems need to be treated first. Perceptual skills are based on a solid visual foundation. It is essential for individuals to eliminate all visual problems prior to getting treatment for perception or other learning difficulties."

Links

<http://www.strabismus.org/> The website of Professor Geoffrey Cooper developer of the Vision-2-Learn Program

<http://www.visiontherapy.org/vision-therapy/faqs/vision-therapy-FAQs.html> An Eye Doctor Answers Frequently Asked Questions on Vision Therapy.

<http://www.convergenceinsufficiency.org/> What is Convergence Insufficiency?

http://www.optometrists.org/therapists_teachers/vision_learning_dyslexia.html Vision and Learning Problems.

http://www.children-special-needs.org/vision_therapy/esophoria_reading.html Vision and Reading Problems.

<http://www.visiontherapy.org/vision-therapy/vision-therapy-links.html> General Vision Therapy Information Links

<http://www.disabilityfunding.co.nz/internal.asp?CategoryID=100258&SubCatID=100286> Enable New Zealand Spectacle Subsidy Information.

<http://www.besttreatments.net/btgeneric/conditions/10241.html> ADHD information on the British Medical Journal Best Treatment website