

# PLANO CHILD DEVELOPMENT CENTER

## Frequently Asked Questions About Vision Therapy:

### What Is Vision Therapy?

Vision Therapy is an individualized treatment program prescribed to prevent the development of certain vision problems, to improve conditions like crossed-eyes (strabismus) or lazy eye (amblyopia), or to help you learn or enhance specific vision skills. Such skills include eye movement control, eye focusing, eye coordination and teamwork between the two eyes.

### How Does Vision Therapy Work?

Like many skills, vision skills are developed. Since they are developed, they can generally be improved through proper therapeutic techniques. In vision therapy, the optometrist prescribes visual tasks to be practiced under controlled conditions. Repetition of these tasks enhances vision by coordinating and improving eye movement, improving focusing ability and by straightening the alignment of the eyes.

### How Successful Is Vision Therapy?

Vision Therapy has proven to be an effective treatment for many problems that cannot be treated with eyeglasses or contact lenses alone. It can help people see more clearly, efficiently and comfortably. Success, however, is not guaranteed. Much of the improvement depends on the patient's willingness to follow the optometrist's instructions. For patients who do so, significant progress toward more efficient and comfortable vision usually results.

### What Are Some Vision Therapy Procedures?

In addition to the use of lenses, prisms and filters, there are many different procedures that can be used in vision therapy. Some, using stereo-viewers or video games, may seem like child's play --- but they're not. More sophisticated equipment and instruments are also used to increase the eye's ability to see and the brain's ability to understand the visual information.



### How Long Does Vision Therapy Take?

The length of time required for completion of a vision therapy program, including the number of visits per week, the length of each visit and the amount of out-of-the-office therapy, varies. This is dependent upon the type of vision problem(s), how long the condition has existed, the motivation of the patient and the level of improvement desired. A typical program may take from a few weeks to several months.

### How Will Vision Therapy Affect My Lifestyle?

Depending upon your vision condition, therapy can have a profound effect on your lifestyle. By undergoing vision therapy, you may find yourself looking at life in a whole new way. Your doctor of optometry can provide you with more specific information about how vision therapy can help improve your vision.

# “EYES RIGHT FOR VISION AND SIGHT”



## Plano Vision Development Center

Is a multi-disciplinary, not for profit optometric service organization that provides comprehensive vision and vision perception care. Our aim is to assess and treat visual deficiencies in at-risk individuals.

Founded in 1959 by Dr. Robert L. Johnson and Dr. Henry R. Moore, and chartered in 1965 as Plano Child Development Center, the mission of Plano is to identify, evaluate and treat educationally disadvantaged children who have an underdeveloped and/or inefficient vision information processing system.

Led by a capable and caring staff, Plano has served more than one million people (including 750,000 children) in the Chicago metropolitan area for over 40 years.

## SERVICES AND ACTIVITIES

Plano is committed to providing a wide array of comprehensive care services through the IDENTIFICATION, EVALUATION and TREATMENT of vision-related problems in our patients.

### IDENTIFICATION

We provide complete screenings including sight, vision and vision perception surveys.

### EVALUATION

We perform visual assessments and visual perceptual diagnostic evaluations of our patient's vision information processing system.




### TREATMENT

Once assessed, an individualized vision training/treatment program is developed and therapy is conducted in group sessions.



## SIGNS OF VISION PROBLEMS

Two-thirds of all the information we receive is visual. Efficient visual skills are critical to learning, working and recreation. Following are signs of vision problems which could be associated with visual skill development:




### EYE MOVEMENT

-  Head moves when reading page
-  Use of finger or marker on page
-  Frequently skips or re-reads lines




### EYE-TEAMING

-  Complains of “seeing double”
-  Misaligns digits in number columns



### EYE-HAND COORDINATION

-  Eye not used to steer hand movement
-  Writing crooked, poor spacing of letters
-  Makes errors in copying

### VISUAL PERCEPTION

-  Unable to recognize same word in sentence
-  Reverses letters/words when writing
-  Confuses similar beginnings and endings and words

### REFRACTIVE ISSUES

-  Holds face too close to paper or book
-  Squints to see chalkboard or distant objects