

# VISION THERAPY

Calgary Vision Therapy

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[www.calgaryvisiontherapy.com](http://www.calgaryvisiontherapy.com)

Issue 05

## The 20/20 Myth

**M**any have been led to believe that 20/20 sight means that one's vision is excellent. Unfortunately, all 20/20 tells you is that you can read a certain sized letter at a certain distance. 20/20 does NOT tell you things such as:

- how long you can read that letter for clearly
- how comfortably you can read that letter
- how well you can transfer from working on a near task to a distance task and back
- whether your two eyes are tracking a target efficiently
- how your brain interprets the information

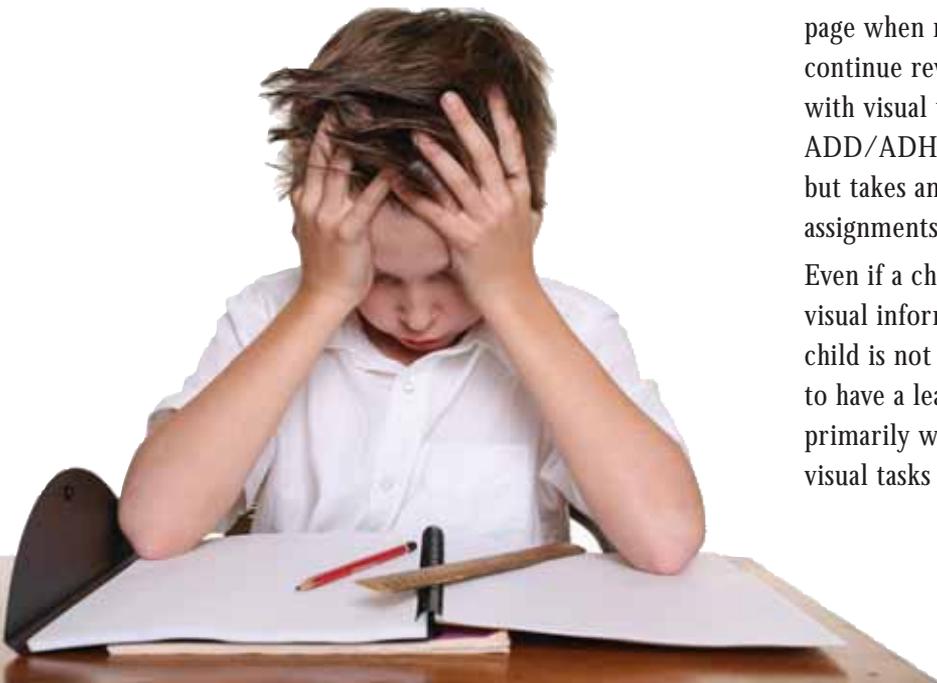
- how your visual perceptual skills are
- how efficient your binocular coordination is
- that you will be able to perform well in sports

An individual can have 20/20 sight and still have a visual perceptual problem or a learning difficulty that has a major visual roadblock contributing (if not creating) the problem.

An individual can have 20/20 sight and have poor eye hand coordination. They even can have achieved moderate to high levels of success in their athletic endeavors but still have visual difficulties which are hindering them from achieving their potential.

An individual can have 20/20 sight and see words move on the page when reading... or have troubles learning to read... or continue reversing letters/numbers/words... or have troubles with visual tasks which leads to attention (sometimes labelled ADD/ADHD) problems... or have good grades in school but takes an extraordinary amount of time to complete their assignments.

Even if a child has been told that they have 20/20 eyesight, a visual information processing evaluation may be valuable if that child is not achieving up their potential or if they are thought to have a learning disability, if they tend to do visual tasks primarily with another sense (e.g. auditory learner) or avoids visual tasks at all costs. [VT](#)



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# When is learning difficulty

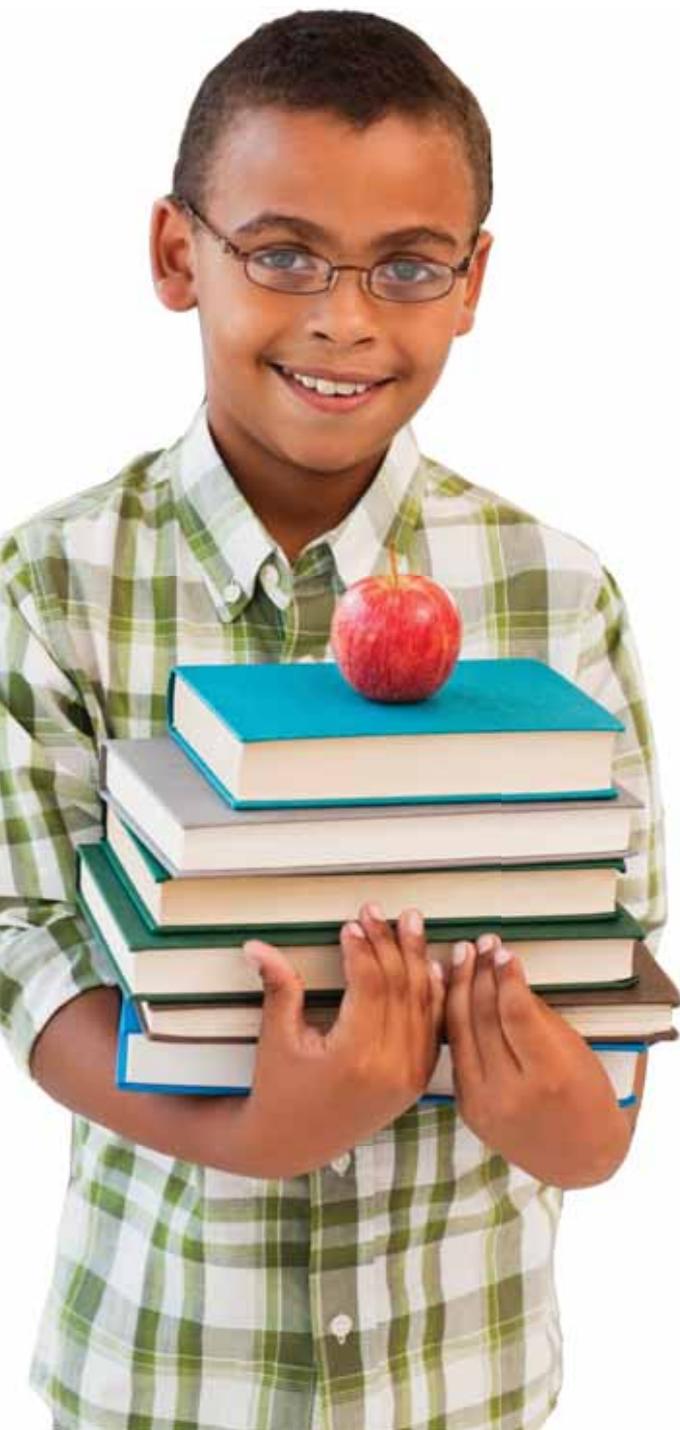
**W**hile learning occurs through a number of complex and interrelated processes, vision plays a key role. Many signs, symptoms, and behaviors are important that a comprehensive vision examination be part of the interdisciplinary evaluation of all children who are facing learning difficulties.

Here are some signs and symptoms to look for that may indicate a vision problem.

Symptoms	Possible Vision Problems
<ul style="list-style-type: none"><li>- Complains of blurred vision</li><li>- Rubs eyes frequently</li><li>- Squints</li></ul>	<b>Nearsightedness, Farsightedness, or Astigmatism</b> Inability to see clearly in the distance or up close
<ul style="list-style-type: none"><li>- Closes or covers one eye</li><li>- Occasionally sees double</li><li>- Rubs eyes frequently</li><li>- Able to read for only a short time</li><li>- Poor reading comprehension</li></ul>	<b>Eye coordination problems</b> Inability to coordinate the eyes together effectively
<ul style="list-style-type: none"><li>- Holds things very close</li><li>- Complains of blurred vision</li><li>- Poor reading comprehension</li><li>- Says eyes are tired</li><li>- Able to read for only a short time</li><li>- Has headaches when reading</li></ul>	<b>Eye focusing problems</b> Inability to easily refocus eyes or maintain clear focus
<ul style="list-style-type: none"><li>- Moves head excessively when reading</li><li>- Frequently loses place, skips lines when reading</li><li>- Uses finger to keep place</li><li>- Poor reading comprehension</li><li>- Short attention span</li></ul>	<b>Eye tracking problems</b> Inadequate ability to smoothly and accurately move the eyes from one point to another
<ul style="list-style-type: none"><li>- Mistakes words with similar beginnings</li><li>- Difficulty recognizing letters, words, or simple shapes and forms</li><li>- Can't distinguish the main idea from insignificant details</li><li>- Trouble learning basic math concepts of size, magnitude, and position</li></ul>	<b>Faulty visual form perception</b> Inability to discriminate differences in size, shape, or form
<ul style="list-style-type: none"><li>- Trouble visualizing what is read</li><li>- Poor reading comprehension</li><li>- Poor speller</li><li>- Trouble with mathematical concepts</li><li>- Poor recall of visually presented material</li></ul>	<b>Faulty visual memory</b> Inability to remember and understand what is seen
<ul style="list-style-type: none"><li>- Sloppy handwriting and drawing</li><li>- Can't stay on lines</li><li>- Poor copying skills</li><li>- Can respond orally but not in writing</li></ul>	<b>Faulty visual motor integration</b> Inability to process and reproduce visual images by writing or drawing
<ul style="list-style-type: none"><li>- Trouble learning right and left</li><li>- Reverses letters and words</li><li>- Trouble writing and remembering letters and numbers</li></ul>	<b>Difficulty with laterality and directionality</b> Poor development of left/right awareness

# due to a vision problem?

ptoms, and behaviors associated with learning disabilities are similar to those caused by vision problems. This is why it is so  
ailing to succeed in school.



## Physical signs or symptoms

- Frequent headaches or eye strain
- Blurring of distance or near vision, particularly after reading or other close work
- Avoidance of close work or other visually demanding tasks
- Poor judgment of depth
- Turning of an eye in or out, up or down
- Tendency to cover or close one eye, or favor the vision in one eye
- Double vision
- Poor hand-eye coordination
- Difficulty following a moving target
- Dizziness or motion sickness

## Performance problems

- Poor reading comprehension
- Difficulty copying from one place to another
- Loss of place, repetition, and/or omission of words while reading
- Difficulty changing focus from distance to near and back
- Poor posture when reading or writing
- Poor handwriting
- Can respond orally but can't get the same information down on paper
- Letter and word reversals
- Difficulty judging sizes and shapes

## How to Identify a Vision Problem

Children should be referred to Dr Brent W. Neufeld @ Calgary Vision Therapy (T: 403-242-1800; Fax: 403-242-3833) whenever these visual symptoms are noticed or if they are not achieving their potential. Many of these vision problems will not be detected during a school vision screening or limited vision assessment as part of a school physical or routine pediatric health evaluation. vt

## Success story

### D. M. 9 years old

"I credit vision therapy with her increased academics and confidence in pursuing a wide range of physical activities (hitting and catching a ball, bike riding, participating in rock climbing). I cannot imagine any other program with such global gains." *(written by D.M.'s mother)*

### G. R. 8 years old

"This program has been life changing for G. We would recommend Vision Therapy to anyone who is diagnosed with ADD or having difficulty reading." *(written by G.R.'s mother)*

For more success stories visit our website,  
[www.calgaryvisiontherapy.com](http://www.calgaryvisiontherapy.com)

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## What is vision therapy?

When you first walk into a vision therapy room in your optometrist's office, you may find many interesting activities—some of them may even look like games. But vision therapy is not “eye-muscle exercises” and it is not a random selection of games.

Most people are born with healthy eyes. But, in the process of growing up, there may have been some gaps in the development of their visual systems. Vision therapy, also known as “visual training,” (VT) is a careful selection of tasks that provide the visual system with the learning experiences it needs to fill in those gaps.

Efficient visual skills include using both eyes together effectively. When both eyes move, align, fixate and focus as a team, it helps you to interpret and comprehend what you see. It is the goal of your optometrist to help you achieve your highest visual performance. And vision therapy provides the opportunity.

It has been estimated that of all optometric patients, 21% would significantly benefit from vision therapy. However, patients may need treatment for different reasons, so there are different kinds of vision therapy.

- First, **Developmental VT** is used for the guidance and development of visual abilities in young children. It helps them grow into the visual tasks required of them in school.
- **Preventive VT** is used to help the development of children with potential visual disorders that are preventable, such as some early forms of focus and eye teaming problems and conditions in which the two eyes see and measure differently.
- **Rehabilitative VT** is designed to remediate specific diagnosed visual disorders such as amblyopia, strabismus, some focusing difficulties, visual-motor dysfunctions, and visual perceptual difficulties.
- **Enhancement VT** is visual fitness training and aims to enhance the efficiency and stamina of visual abilities so that the patient can more efficiently and comfortably apply such function to desired areas. These areas may include sports involvement, work demands or academic areas. So, whatever your need, vision therapy might be the answer. Contact Calgary Vision Therapy for more information about vision therapy. [vt](#)

