

# VISION THERAPY CENTER

4415 South Georgia #100 Amarillo, TX 79110  
www.VisionTherapyRocks.com

806-367-9702  
vt@VisionTherapyRocks.com

## WHAT IS OPTOMETRIC VISION THERAPY?

Optometric Vision Therapy is not just eye exercises. The goal of vision therapy is not to strengthen eye muscles, as they are already incredibly strong! Vision therapy is:

- A progressive program of vision procedures
- Performed under doctor supervision
- Individualized to fit the visual needs of each patient
- Help students develop or improve fundamental visual skills
- Improves visual comfort, ease, and efficiency
- Changes how an individual processes or interprets visual information

## VISION THERAPY at the VISION THERAPY CENTER

Our vision therapy is individually designed to meet the needs of each student. Vision therapy is directed to provide the greatest benefit in the areas of significant challenge for the individual. Each student's program consists of specific procedures, exercises, games, and activities designed to increase the visual awareness, visual efficiency, visual processing, and visually guided movement of the student. Therapy sessions are designed to be fun, challenging, and confidence building. They focus on the fundamental visual skills required for efficient reading, writing, and visual learning skills.

For students with specific diagnoses of amblyopia or strabismus, we customize the therapy program to address these special visual conditions.

### **Vision Therapy Sessions**

Vision Therapy is one-on-one with a trained optometric vision therapist. Our therapy team works as a group, so the student will benefit from the insights and expertise of all of our therapists during the course of the program.

Multiple activities occur at each session to enhance the development of the visual system.

We begin program with a goal setting session with the student and parent to identify the key areas to work on. This process helps engage the student in creating his or her goals for themselves.

Home activities are crucial to the success of therapy, and may even shorten the length of successful therapy. Activities, equipment, and thorough instructions are provided.