



What is Vision Therapy?

Vision Therapy is a program of activities designed to improve vision. When people think of ophthalmologists (eye doctors) they may think of treatments like drops or eye operations. When people think of optometrists they may think of glasses or contact lenses. Whereas some visual problems are best corrected with operations or glasses, other visual functions and skills require a different approach. Vision Therapy is a sequence of activities designed to improve vision.

OFFICE VISITS

A vision therapy program may involve 5-10 sessions with your optometrist. These will be 1-2 weeks apart depending on the program. All visits with your optometrist attract a Medicare benefit.

HOMEWORK

5 session of 20 minutes homework per week. This is the key to success. Don't expect instant results. It usually takes several weeks of disciplined work to see the fruits of improvement. **Vision Therapy does not work if it is not done! Vision Therapy requires the time and commitment of both the child and an adult.**

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