

Why Vision Therapy, if I have 20/20 sight?

Most people don't know that vision is more than just sight. "What does that mean", you might ask. Vision is a complex neurological process which involves 17 skills:



Our eyes are built to work as a team. Just like walking requires 2 legs, vision requires 2 eyes, of equal skills.

- Eye movement control
- Simultaneous Focus at far
- Simultaneous Focus at near
- Sustaining Focus at far
- Sustaining Focus at near
- Simultaneous Alignment at far
- Sustaining Alignment at far
- Simultaneous Alignment at near
- Sustaining Alignment at near
- Visual Acuity (20/20 sight)
- Peripheral Vision
- Depth Perception
- Color Perception
- Gross Visual-Motor skills
- Fine Visual-Motor Skills
- Visual Perception
- Visual Integration

Vision, like walking is a learned skill. A baby is born with almost no vision. At birth, our eyes merely have the ability to see very large and cloudy images. Over time, we learn to "track" and focus harder on these blurry images.

As infants are exposed to using their eyes while lying or sitting on their backs and on their bellies, the brain learns eye alignment skills. These skills provide the brain information from both eyes, simultaneously in order to see 1 single and clear image



As we grow and explore the world, we use our eyes to grab for and move towards objects we see. Imaging reaching for an object you can't see.

80% of learning comes from vision. Visual perception, forming an opinion of what we see, and visual integration, interpreting what to do with the opinion we have formed combine to provide us with all the visual skills necessary for life.

Video to add: http://www.youtube.com/watch?v=Jac47_OUdlw&feature=youtu.be