

vision is more than 20/20

If your child or someone you know has difficulty learning, chances are they may have a vision related learning problem. Visual wellness evaluations help determine the best course of action.

"When I started Vision Therapy I could barely read and I thought I was dumb. Now I feel confident and sometimes I read for fun. It was worth the hard work." - Keanan, age 10

"I would recommend Vision Therapy to anyone having unexplained difficulty reading. I feel that my vision problem has cost me several times more money in lost income than the cost of the Vision Therapy expense. Don't put it off!" - Mike



About the Clinic

Founded in 1995 by Dr. Lori Mowbray, a Board Certified Developmental Optometrist and a Fellow with the College of Optometrists in Vision Development, the clinic specializes in working with children and adults with visual dysfunctions. A Board Certified Developmental Optometrist is an optometrist who has additional training in the testing, diagnosis and treatment of vision disorders. Board certification happens through comprehensive testing completed with the College of Optometrists in Vision Development.

Unsurpassed for its thorough evaluations and highly trained therapists, the clinic has helped people overcome visual disabilities with a 95% success rate after therapy. Our therapists receive training in the latest vision therapy procedures by board certified vision therapist training staff, as well as national leaders in the field of vision therapy.

Programs offered at Minnesota Vision Therapy Center include vision therapy for learning related problems, vision therapy for strabismus (eye turns) and amblyopia (lazy eye), post trauma therapy, special needs therapy and a guided pre-school development program. We also offer educational services (many of which qualify for continuing education credits) at no cost as a public service to help you understand and help others with vision disorders.

Free Evaluations

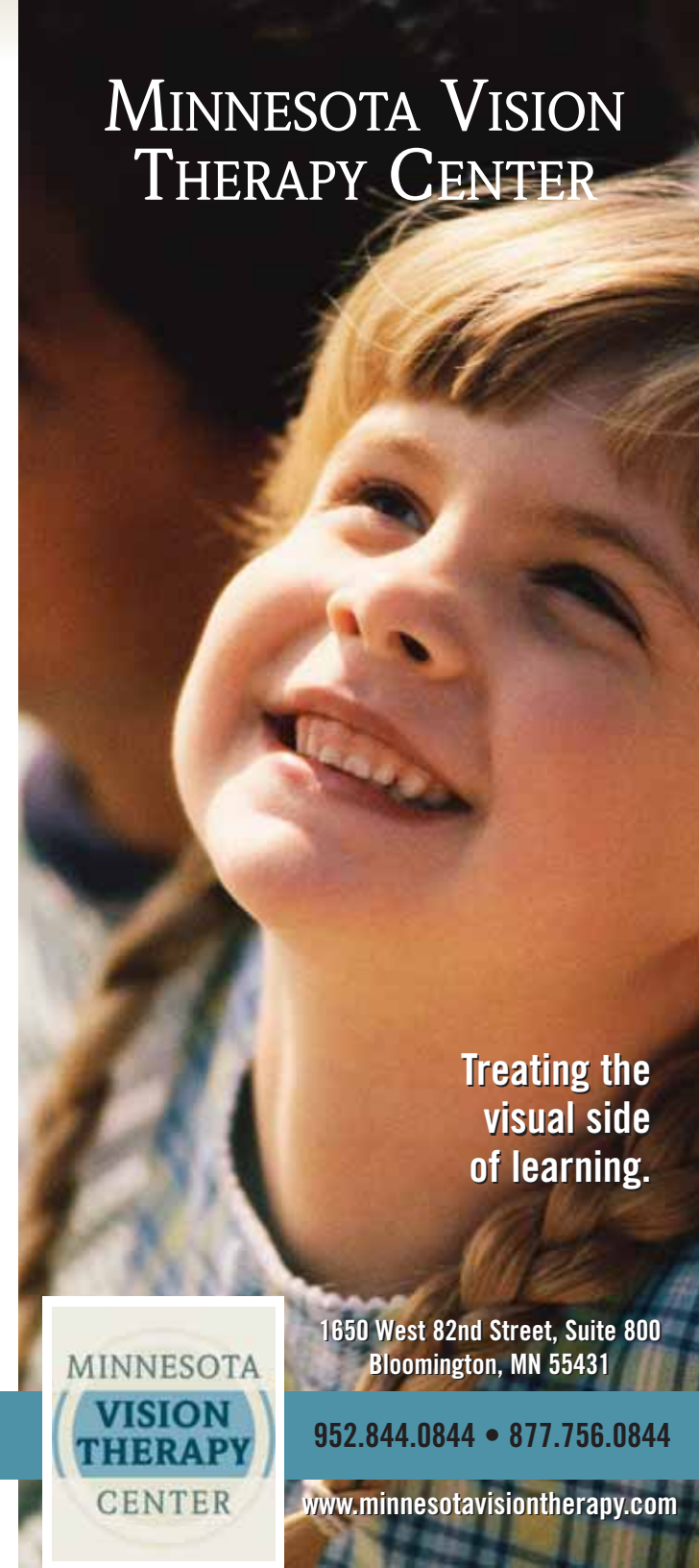
The evaluation process takes place at our Bloomington clinic. Lasting approximately 1½ hours, the evaluation is followed by a consultation with a member of our consultation staff. During the consultation, the results of the evaluation will be discussed, along with any recommendations for treatment.

Clinic Locations:

Bloomington • Mankato • Owatonna • Osseo
952.844.0844 • 877.756.0844

Call today for a free assessment or email at:
mvtc@minnesotavisiontherapy.com

MINNESOTA VISION THERAPY CENTER



Treating the
visual side
of learning.



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There's more to healthy vision than meets the eye. While most people believe that good vision means simply having 20/20 acuity, or seeing clearly in the distance, vision – how the brain and eyes work together – has a tremendous impact on the learning process for both children and adults.

Many children and adults do not realize that their struggles in the classroom and/or workplace are in no way linked to intelligence or how hard they are trying. Instead, they may not be able to visually process the information put before them. Unfortunately, most school screenings check for visual acuity alone and do not screen for visual skills including tracking, focusing, eye teaming or perceptual skills.

Not knowing the cause of classroom, and later adult life skills problems, can have a detrimental affect on self-esteem and behavior. Many children labeled as classroom problems can grow into troubled teens and eventually struggling adults if their visual problems are not diagnosed and treated. One out of four children and seven out of ten juvenile delinquents have a vision disorder that is interfering with their ability to achieve.

How Vision Therapy Can Help.

Vision therapy is a progressive method of retraining the eyes and brain to work together. During vision therapy, a vision therapist works with the patient through a series of exercises to build new eye coordination skills. The final result is that both eyes are tracking and working together as a team.

With proper diagnosis and treatment, reading levels improve significantly, comprehension increases, and even sports performance can improve.



Visual Skills Needed for Learning.

Tracking skills: The ability of the eyes to simultaneously and smoothly follow words on a page or moving objects in space.

Eye teaming: The ability of both eyes to point at the same object at the same time.

Focusing: The ability to look quickly from distance to near or near to distance without experiencing blurry vision.

Perceptual skills: Visual memory, visual discrimination, spatial relationships, visual closure, visual/auditory integration, visual motor integration, directionality, laterality and bi-laterally are all perceptual skills.

Symptoms to check for:

Any of the following symptoms may indicate a functional vision problem. Do you or your child:

1. Skip lines while reading or copying.
2. Lose your place while reading or copying.
3. Skip words while reading or copying.
4. Substitute words while reading or copying.
5. Reread words or lines.
6. Reverse letters, numbers or words.
7. Use a finger or marker to keep place while reading.
8. Read very slowly.
9. Have poor reading comprehension (unless read to).
10. Have difficulty remembering what was read.
11. Hold your head too close when reading/writing (within 7 - 8 inches).
12. Squint, close or cover one eye while reading.
13. Have unusual posture/head tilt when reading/writing.
14. Have headaches after intense reading/computer work.
15. Have eyes that hurt or feel tired after close work.
16. Feel unusually tired after completing a visual task.
17. Have double vision.
18. Distance vision blurs when looking up from near work.
19. Notice that letters or lines run together or words jump.
20. Notice that print seems to move or go in or out of focus.
21. Have poor spelling skills.
22. Have crooked/poorly spaced writing.
23. Misalign letters or numbers.
24. Make errors copying.

25. Have difficulty tracking moving objects.
26. Notice unusual clumsiness or poor coordination.
27. Have difficulty with sports involving good hand-eye coordination.
28. Have an eye that turns in or out.
29. See more clearly with one eye than the other.
30. Feel sleepy while reading.
31. Dislike tasks requiring sustained concentration.
32. Avoid near tasks such as reading.
33. Confuse right and left directions.
34. Become restless when working at a desk.
35. Tend to lose awareness of surroundings when concentrating.
36. Find you must feel things to see them.
37. Experience carsickness.
38. Experience unusual blinking.
39. Experience unusual eye rubbing.
40. Experience dry eyes.
41. Experience watery eyes.
42. Experience red eyes.
43. Have eyes that are bothered by light.

Scoring

3 points for items 1-30
2 points for items 31-37
1 point for items 38-43

Scoring Criteria

15-20 - Possible functional vision problems
21-30 - Probable functional vision problems
Over 30 - Definite functional vision problems

15+ points: Call or email Minnesota Vision Therapy Center for a FREE functional visual evaluation.

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Additional Information

Please visit our website for more information and helpful links to related websites and phone numbers.