



# Reading

**Imagine how difficult and strenuous it would be to read while seeing double.**

Imagine how difficult and strenuous it would be to read while seeing double. Would reading be worth the effort? The energy used to maintain single and clear vision would be so great that little would remain for comprehension. It becomes tiring to read and re-read in order to understand.

**Suppression (turning an eye off) and poor eye movements may cause the inability to track efficiently.**

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j mp round

**Vision problems can present themselves in many different ways.**

The world is confusing when "saw" looks like "was", "no" looks like "on", and "21" looks like "12". What if you couldn't tell left from right? How could you follow a pattern or a map? Included in this brochure is a checklist of areas of concern in determining possible vision difficulties.

## Vision Therapy & Occupational Therapy

Individualized therapy to help people of any age or challenge with:

- Crossed, wandering or lazy eyes
- Visual perception and learning problems
- Difficulty with gross/fine motor, balance and sensory integration skills
- Rehabilitation for stroke/brain injury, developmental delays and neurological disorders

**Improve school success, confidence and sports performance!**



# H&B

HELLERSTEIN & BRENNER  
VISION CENTER, P.C.

## Does Your Child Struggle In School?

**H&B** HELLERSTEIN & BRENNER  
VISION CENTER, P.C.

Hellerstein & Brenner Vision Center, P.C., is a full-scope optometric practice offering state-of-the-art diagnosis and treatment of vision and vision perception problems.

303-850-9499 | [www.HBVision.net](http://www.HBVision.net)

*Content courtesy of Dr. Nancy Torgerson*

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# Vision Quiz

Are the statements below **TRUE** or **FALSE** ?

- 1 **You can still have a vision problem even with 20/20 vision.**

**TRUE** Many kids with 20/20 eyesight have undetected vision problems that impede learning.

- 2 **Vision is learned.**

**TRUE** Research at the Gesell Institute tells us that children are not born with "normal" vision, they must learn to see.

- 3 **Eyesight is hereditary. You can't do anything about it.**

**FALSE** Environmental demands (reading, computer devices, TV) can create stressful situations which may alter vision in a healthy eye.

- 4 **Visual problems can affect a person's self-esteem and hinder success.**

**TRUE** Even with the intelligence to succeed, without the proper visual skills needed for comprehension and learning, repeated failure can lead to a lack of self-esteem.

- 5 **Surgery is the only way to correct strabismus (a turned eye).**

**FALSE** Vision therapy can go beyond making the eye look straight. A person may regain the use of the two eyes working together as a team and develop depth perception.

- 6 **Amblyopia (lazy eye) cannot be corrected after age seven.**

**FALSE** Neurophysiologists have proven that there is no critical age for amblyopia. However, delaying therapy may increase the amount of therapy needed.

# Vision Checklist

Have you noticed any of the following?

## BEHAVIORAL SIGNS

- Rubs eyes frequently
- Eye turns in or out at any time
- Squints or blinks excessively
- Burning or itching eyes
- Headaches in forehead or temple
- Closes or covers an eye
- Turns or tilts head to use one eye
- Moves head back and forth while reading (instead of moving eyes)
- Holds book very close to eyes

## READING SKILLS

- Omits or confuses small words while reading
- Whispers to self while reading silently
- Loses place often or uses finger to keep place
- Reverses letters or words in reading and copying (after 1st grade)
- Sees double
- Words become blurred while reading



## LEARNING/ATTENTION SPAN

- Avoids close work
- Performs below potential
- Homework takes longer to complete than it should
- Has short attention span, is quickly bored, day dreams and doesn't pay attention
- Becomes quickly fatigued while reading
- Repeatedly confuses left and right directions

## COORDINATION

- Trips and stumbles repeatedly, poor balance
- Poor eye-hand coordination
- Awkward and clumsy when climbing, throwing, tying, etc.
- Well coordinated, yet has trouble with games such as soccer and tennis

If you suspect a vision problem, the first step is to schedule a comprehensive vision exam.



Testing will be done to evaluate distance vision as well as how the eyes are working together, at far and near. Further testing may be done to evaluate visual perceptual ability, if the patient is developmentally behind in his/her visual skills.