

vision therapy exercises

vision therapy exercises are specialized activities designed to improve visual skills and correct various visual disorders. Whether you're seeking solutions for eye strain, lazy eye, double vision, or problems with eye teaming and tracking, vision therapy exercises offer non-invasive, evidence-based methods to enhance visual processing and comfort. In this comprehensive article, you'll discover the fundamentals of vision therapy, the science behind these exercises, and a variety of practical routines for different age groups. We'll also explore how vision therapy can benefit those with learning challenges, sports vision needs, and digital eye fatigue. By understanding the full scope of vision therapy exercises, readers can make informed decisions to support their visual health and overall well-being. Continue reading for an in-depth guide that covers everything from core techniques to tips for maximizing results.

- Understanding Vision Therapy
- How Vision Therapy Exercises Work
- Common Vision Problems Addressed
- Types of Vision Therapy Exercises
- Vision Therapy for Children and Adults
- Benefits of Vision Therapy
- Tips for Effective Vision Therapy Practice
- Frequently Asked Questions

Understanding Vision Therapy

Vision therapy is a structured program of visual activities prescribed to improve visual skills and performance. Unlike simple eye exercises, vision therapy is tailored by optometrists or vision specialists to address specific visual dysfunctions. These programs can help correct issues such as convergence insufficiency, amblyopia (lazy eye), strabismus (crossed eyes), and visual processing disorders. The goal is to train the brain and eyes to work together more effectively, leading to improved reading, learning, and daily visual tasks.

Often, vision therapy is recommended for children with learning difficulties, adults experiencing eye strain from prolonged computer use, or athletes seeking to enhance visual coordination. It is a non-surgical approach, with results supported by clinical research and customized for each individual's needs.

How Vision Therapy Exercises Work

Vision therapy exercises utilize repeated, targeted visual tasks to build and strengthen neural connections between the eyes and the brain. These exercises challenge various visual functions such as focusing, tracking, eye teaming, and visual perception. Through consistent practice, individuals may experience marked improvements in visual comfort, clarity, and efficiency.

The science behind vision therapy reveals that the visual system is highly adaptable, and with proper stimulation, it can overcome many functional obstacles. Programs are typically conducted in a clinical setting but can also be followed at home under professional guidance. Regular monitoring and adjustments ensure the exercises remain effective and safe.

Common Vision Problems Addressed by Vision Therapy

Vision therapy exercises are effective for a wide range of visual disorders and challenges. These include:

- **Convergence Insufficiency:** Difficulty in coordinating both eyes for near tasks.
- **Amblyopia (Lazy Eye):** Reduced vision in one eye due to poor coordination.
- **Strabismus (Crossed Eyes):** Misalignment of the eyes causing double vision or visual confusion.
- **Eye Tracking Issues:** Problems with following moving objects or reading smoothly.
- **Visual Processing Disorders:** Difficulty interpreting visual information correctly.
- **Eye Strain and Fatigue:** Discomfort from prolonged screen time or intensive visual tasks.

Addressing these issues through vision therapy can lead to improved academic performance, better sports results, and enhanced daily life functioning.

Types of Vision Therapy Exercises

A variety of vision therapy exercises exist, each targeting specific visual skills. The following subtopics outline practical routines and their intended benefits.

Eye Tracking Exercises

Eye tracking involves smoothly following moving objects with one's gaze. Common eye tracking exercises include using a pencil or finger to move horizontally, vertically, and in circles while focusing

on the tip. These activities improve reading fluency and the ability to follow fast-moving objects, which is essential for athletes and students alike.

Convergence and Divergence Exercises

Convergence exercises train the eyes to work together when focusing on near objects, while divergence helps them focus on distant points. The "pencil push-up" is a popular convergence exercise where an individual focuses on a pencil as it moves toward the nose, then away. This routine strengthens eye teaming and reduces double vision.

Peripheral Awareness Training

Peripheral awareness exercises encourage individuals to notice objects and movement outside their direct line of sight. Techniques include fixating on a central target while identifying objects or colors in the surrounding area. Enhanced peripheral vision benefits sports performance and overall spatial awareness.

Focus Flexibility Exercises

Focus flexibility involves quickly shifting focus between near and distant objects. Activities may include looking at a word on a page, then at a distant clock, repeating the process several times. This skill is crucial for comfortable reading and switching attention during everyday tasks.

Visual Memory and Processing Activities

Visual memory exercises strengthen the ability to recall visual information. Typical routines include copying patterns, remembering sequences of objects, or identifying subtle differences between images. These exercises are particularly valuable for students and individuals with learning challenges.

Computer-Based Vision Therapy Programs

Many modern vision therapy protocols utilize computer software to deliver interactive visual challenges. These programs offer engaging tasks that adapt to the user's progress, making therapy effective and motivating for both children and adults.

Vision Therapy for Children and Adults

Vision therapy exercises are suitable for all ages, with programs tailored to meet developmental and lifestyle needs. Children benefit from playful, game-based routines that enhance attention and motivation, while adults may prefer exercises focused on reducing eye strain and improving workplace performance.

In pediatric cases, vision therapy can significantly improve reading ability, coordination, and academic results. For adults, targeted routines help mitigate the effects of digital eye fatigue, support visual rehabilitation after injury, and enhance sports-related visual skills.

Benefits of Vision Therapy Exercises

Vision therapy provides numerous advantages beyond symptom relief. Some of the key benefits include:

- Improved visual comfort and reduced eye fatigue
- Enhanced reading, writing, and learning abilities
- Better eye-hand coordination for sports and daily activities
- Increased visual processing speed and accuracy
- Greater confidence in academic and professional environments
- Non-invasive solution for many visual disorders

These outcomes demonstrate the value of consistent vision therapy practice under professional supervision.

Tips for Effective Vision Therapy Practice

Maximizing the benefits of vision therapy exercises requires commitment and the right approach. Consider the following tips:

- Follow instructions from your eye care professional closely.
- Practice exercises regularly, ideally as part of a daily routine.
- Monitor progress and report changes to your specialist.
- Combine exercises with healthy visual habits, such as frequent breaks during screen time.
- Ensure proper lighting and a comfortable environment for exercise sessions.

- Use age-appropriate routines to maintain engagement, especially for children.

Adhering to these guidelines can help achieve optimal results and lasting improvements in visual skills.

Frequently Asked Questions

Below are trending and relevant questions about vision therapy exercises, providing further insights into common concerns and practical considerations.

Q: What are vision therapy exercises?

A: Vision therapy exercises are structured activities designed to improve visual skills, correct specific vision problems, and enhance the coordination between the eyes and brain.

Q: Who can benefit from vision therapy exercises?

A: Both children and adults with visual disorders such as amblyopia, strabismus, convergence insufficiency, and eye tracking problems can benefit from vision therapy exercises.

Q: How long does it take to see results from vision therapy?

A: The duration varies, but many individuals notice improvements within a few weeks to several months of consistent practice, depending on the severity of their condition and adherence to the program.

Q: Are vision therapy exercises safe for children?

A: Yes, vision therapy exercises are safe for children when supervised by a qualified eye care professional and customized to their developmental needs.

Q: Can vision therapy help with digital eye strain?

A: Vision therapy exercises can reduce symptoms of digital eye strain by improving focusing, eye teaming, and comfort during prolonged screen use.

Q: Do I need a prescription for vision therapy?

A: Vision therapy should be prescribed and monitored by an optometrist or vision specialist to ensure exercises are appropriate for your specific needs.

Q: Are there home-based vision therapy exercises?

A: Many vision therapy exercises can be performed at home, provided they are recommended and monitored by a professional to ensure safety and effectiveness.

Q: What types of vision problems do these exercises address?

A: Vision therapy exercises address issues such as lazy eye, crossed eyes, eye tracking difficulties, visual processing disorders, and more.

Q: How often should I practice vision therapy exercises?

A: Frequency depends on individual needs, but most programs recommend daily practice for optimal results.

Q: Can vision therapy improve sports performance?

A: Yes, vision therapy can enhance skills like peripheral awareness, eye-hand coordination, and reaction time, which are valuable for athletes.

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Vision Therapy Exercises: Sharpen Your Sight Naturally

Are you experiencing eye strain, blurry vision, or difficulty focusing? Do you struggle with reading, driving, or even everyday tasks because of vision problems? You're not alone. Millions grapple with visual challenges that impact their quality of life. While glasses and contact lenses can correct refractive errors, vision therapy exercises offer a powerful, non-invasive approach to improving various aspects of visual function. This comprehensive guide will explore a range of effective vision therapy exercises, explaining how they work and providing practical tips to incorporate them into your daily routine. We'll delve into the science behind these exercises and empower you to take control of your eye health.

Understanding Vision Therapy

Before diving into specific exercises, it's crucial to understand what vision therapy entails. Unlike traditional eye exams that primarily focus on refractive error correction, vision therapy addresses the how of seeing. It targets the complex neurological processes involved in coordinating both eyes, focusing accurately, and interpreting visual information. These processes often aren't fully developed or optimized, leading to various visual challenges. Vision therapy aims to strengthen these neurological pathways through targeted exercises, leading to improved visual skills and overall eye health.

Types of Vision Problems Addressed by Vision Therapy

Vision therapy can help address a wide array of visual issues, including:

Convergence insufficiency: Difficulty focusing both eyes on a near object.

Divergence excess: Difficulty keeping eyes apart when looking at distant objects.

Accommodative dysfunction: Difficulty changing focus between near and far objects.

Strabismus (crossed eyes): Misalignment of the eyes.

Amblyopia (lazy eye): Reduced vision in one eye due to underdeveloped visual pathways.

Eye strain and headaches: Often stemming from underlying visual problems.

Effective Vision Therapy Exercises: A Practical Guide

The following exercises are commonly used in vision therapy programs. Remember to consult with a qualified vision therapist or optometrist before starting any new vision therapy program, especially if you have pre-existing eye conditions. They can tailor a personalized plan to address your specific needs and ensure safe practice.

1. Near Point Convergence

Purpose: Improves the ability of the eyes to turn inward (converge) for near vision.

How to: Hold your finger about 6 inches from your nose. Slowly bring it closer to your nose until you feel your eyes straining. Hold that point for a few seconds, then slowly move your finger back.

Repeat 10-15 times.

2. Brock String Exercise

Purpose: Enhances eye coordination and depth perception.

How to: Use a string with beads or objects attached at varying distances. Focus on each bead individually, moving your eyes smoothly between them.

3. Pencil Push-Ups

Purpose: Strengthens eye muscles and improves convergence.

How to: Hold a pencil at arm's length. Slowly bring it towards your nose, keeping your focus on the pencil tip. Stop when you feel your eyes strain, then slowly move it back. Repeat several times.

4. Card Reading

Purpose: Improves accommodation (focus adjustment) and reduces eye strain.

How to: Hold a card with text at arm's length. Slowly bring it closer to your face while keeping the text in focus. Hold for a few seconds and slowly move it back. Repeat.

5. Saccadic Eye Movements

Purpose: Improves the speed and accuracy of eye movements.

How to: Follow an object (like your finger) as you move it back and forth across your visual field. Focus on smooth, deliberate movements.

6. Visual Tracking Exercises

Purpose: Improves the ability to follow a moving object smoothly.

How to: Use a laser pointer or a slowly moving object to trace a pattern across your visual field.

Incorporating Vision Therapy Exercises into Your Daily Routine

Consistency is key to achieving results with vision therapy. Aim to dedicate 15-20 minutes each day to practice these exercises. You can integrate them into your routine during breaks at work, while watching TV, or even before bed. The key is to be consistent and patient; improvement often takes time and dedicated effort.

Conclusion

Vision therapy exercises provide a valuable, non-surgical alternative to improve various aspects of visual function. While they may not replace the need for corrective lenses in some cases, they can significantly enhance visual performance, reduce eye strain, and improve overall quality of life. Remember to consult a qualified professional for personalized guidance and to determine if vision therapy is right for you. Take charge of your eye health and start your journey towards clearer, sharper vision today!

FAQs

Q1: How long does it take to see results from vision therapy?

A1: The timeframe varies depending on the individual and the specific visual challenges being addressed. Some people see improvements within weeks, while others may require several months of consistent practice.

Q2: Are vision therapy exercises suitable for children?

A2: Yes, vision therapy is often beneficial for children with visual developmental issues. A qualified vision therapist can adapt exercises to suit a child's age and abilities.

Q3: Can vision therapy cure all vision problems?

A3: No, vision therapy cannot cure all vision problems. It's most effective for addressing issues related to eye muscle coordination, focusing abilities, and visual processing.

Q4: Is vision therapy expensive?

A4: The cost of vision therapy varies depending on the location, therapist, and duration of treatment. It's advisable to inquire about pricing with potential providers.

Q5: What are the potential risks associated with vision therapy?

A5: When performed under the guidance of a qualified professional, vision therapy is generally safe. However, there's a minimal risk of eye strain or discomfort if exercises are performed incorrectly or excessively. It's crucial to follow instructions carefully and stop if you experience any pain or discomfort.

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experienced the sense of immersion in a three dimensional world for the first time. Skyscrapers on street corners appeared to loom out toward her like the bows of giant ships. Tree branches projected upward and outward, enclosing and commanding palpable volumes of space. Leaves created intricate mosaics in 3D. Barry had been cross-eyed and stereoblind since early infancy. After half a century of perceiving her surroundings as flat and compressed, on that day she saw the city of Manhattan in stereo depth for first time in her life. As a neuroscientist, she understood just how extraordinary this transformation was, not only for herself but for the scientific understanding of the human brain. Scientists have long believed that the brain is malleable only during a critical period in early childhood. According to this theory, Barry's brain had organized itself when she was a baby to avoid double vision - and there was no way to rewire it as an adult. But Barry found an optometrist who prescribed a little-known program of vision therapy; after intensive training, Barry was ultimately able to accomplish what other scientists and even she herself had once considered impossible. Dubbed Stereo Sue by renowned neurologist Oliver Sacks, Susan Barry tells her own remarkable journey and celebrates the joyous pleasure of our senses.

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and exercises for specific conditions, i.e., glaucoma and nystagmus, near- and farsightedness. Born blind to deaf parents, Schneider underwent a series of painful operations as a young child and was left with 99 percent scar tissue on the lenses of his eyes, resulting in his being declared incurably blind. At the age of seventeen, he discovered how to improve his vision from less than 1 percent to 55 percent of normal vision with the eye exercises presented in this book. Today Schneider drives a car, reads, and enjoys the benefits of full natural vision. He and his clients prove time and time again how much vision can improve with exercise. His contributions to the field of self-healing are recognized by alternative health practitioners and medical doctors alike. In *Vision for Life*, Schneider shares forty years of discoveries made on his personal and professional journey. The book details simple but effective techniques to gain great vision such as sunning and palming. Such exercises are not only strengthening but also restorative and deeply relaxing. The reader learns how to reverse developing issues before they cause damage or to remedy existing problems, including pathologies such as glaucoma, cataracts, macular degeneration, retinal detachment, and optic nerve neuropathy.

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vision therapy exercises: Grit Angela Duckworth, 2016-05-03 In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls "grit." "Inspiration for non-geniuses everywhere" (People). The daughter of a scientist who frequently noted her lack of "genius," Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In *Grit*, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. "Duckworth's ideas about the cultivation of tenacity have clearly changed some lives for the better" (The New York Times Book Review). Among *Grit*'s most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, *Grit* is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is "a fascinating tour of the psychological research on success" (The Wall Street Journal).

vision therapy exercises: *The Art of Cosmic Vision* Mantak Chia, Robert T. Lewanski, 2010-03-09 How to achieve perfect vision naturally through proven eye-training methods • Explains how vision problems are related to imbalances in the internal organs • Provides Taoist and Ayurvedic practices for harmonizing the liver and kidneys, the organs directly associated with eye problems In the West, problems with eyesight are treated separately from overall health, usually with prescription glasses or contact lenses. But Eastern systems of holistic healing view the eyes as mirrors of physical health. Eye problems reflect problems with the internal organs, most specifically the liver and kidneys. *The Art of Cosmic Vision* offers Taoist healing sound exercises for strengthening the liver and kidneys as well as seven internal Chi Kung exercises and Dao-Yin self-massage practices for toning the organ meridians. It also provides extensive dietary recommendations, including a complete Ayurvedic analysis of the three main nutritional body types. The wide variety of eye-strengthening exercises in *The Art of Cosmic Vision* includes the Egyptian Black Dot technique, the Taoist Long Swing technique, the Tai Chi Rocker Eye technique, and relaxing Yoga Eye Palming techniques. Rather than viewing the ciliary muscle within the eye as the only muscle responsible for focus, these exercises improve focus by training all of the muscles surrounding the eyes. With attention to improved diet, physical exercise, and these proven eye-training techniques, readers can restore their vision to vibrant health.

vision therapy exercises: Dare to Lead Brené Brown, 2018-10-09 #1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture

shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries Brené Brown: Atlas of the Heart! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read Daring Greatly and Rising Strong or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

vision therapy exercises: *The Invisible Gorilla* Christopher Chabris, Daniel Simons, 2011-06-07 Reading this book will make you less sure of yourself—and that's a good thing. In *The Invisible Gorilla*, Christopher Chabris and Daniel Simons, creators of one of psychology's most famous experiments, use remarkable stories and counterintuitive scientific findings to demonstrate an important truth: Our minds don't work the way we think they do. We think we see ourselves and the world as they really are, but we're actually missing a whole lot. Chabris and Simons combine the work of other researchers with their own findings on attention, perception, memory, and reasoning to reveal how faulty intuitions often get us into trouble. In the process, they explain: • Why a company would spend billions to launch a product that its own analysts know will fail • How a police officer could run right past a brutal assault without seeing it • Why award-winning movies are full of editing mistakes • What criminals have in common with chess masters • Why measles and other childhood diseases are making a comeback • Why money managers could learn a lot from weather forecasters Again and again, we think we experience and understand the world as it is, but our thoughts are beset by everyday illusions. We write traffic laws and build criminal cases on the assumption that people will notice when something unusual happens right in front of them. We're sure we know where we were on 9/11, falsely believing that vivid memories are seared into our minds with perfect fidelity. And as a society, we spend billions on devices to train our brains because we're continually tempted by the lure of quick fixes and effortless self-improvement. *The Invisible Gorilla* reveals the myriad ways that our intuitions can deceive us, but it's much more than a catalog of human failings. Chabris and Simons explain why we succumb to these everyday illusions and what we can do to inoculate ourselves against their effects. Ultimately, the book provides a kind of x-ray vision into our own minds, making it possible to pierce the veil of illusions that clouds our thoughts and to think clearly for perhaps the first time.

vision therapy exercises: *The Bates Method* Peter Mansfield, 1992-01 The Bates method

aims to improve sight naturally, to reduce or eliminate the need for glasses, to be effective when glasses are not, to help cure eye diseases and to improve reading and learning ability. This book outlines the method's history, theories and applications, and offers advice.

vision therapy exercises: *ROAR* Stacy T. Sims, PhD, Selene Yeager, 2016-07-05 “Dr. Sims realizes that female athletes are different than male athletes and you can’t set your race schedule around your monthly cycle. ROAR will help every athlete understand what is happening to her body and what the best nutritional strategy is to perform at her very best.”—Evie Stevens, Olympian, professional road cyclist, and current women’s UCI Hour record holder Women are not small men. Stop eating and training like one. Because most nutrition products and training plans are designed for men, it’s no wonder that so many female athletes struggle to reach their full potential. ROAR is a comprehensive, physiology-based nutrition and training guide specifically designed for active women. This book teaches you everything you need to know to adapt your nutrition, hydration, and training to your unique physiology so you can work with, rather than against, your female physiology. Exercise physiologist and nutrition scientist Stacy T. Sims, PhD, shows you how to be your own biohacker to achieve optimum athletic performance. Complete with goal-specific meal plans and nutrient-packed recipes to optimize body composition, ROAR contains personalized nutrition advice for all stages of training and recovery. Customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock-solid fitness foundation as you build lean muscle where you need it most, strengthen bone, and boost power and endurance. Because women’s physiology changes over time, entire chapters are devoted to staying strong and active through pregnancy and menopause. No matter what your sport is—running, cycling, field sports, triathlons—this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest, fittest, strongest shape of your life.

vision therapy exercises: Better Eyesight William H. Bates, 2000-12-14 Artists, teachers, army officers, housewives, elderly people, parents, and children with vision problems write about their experiences with the Bates Method and giving up their glasses in *Better Eyesight*. Major eye conditions (myopia, astigmatism, farsightedness, presbyopia, amblyopia, strabismus, cataract, glaucoma, blindness) are discussed by Bates, other ophthalmologists, the medical community, and readers. The significance of this literature is both historical and immediate. For the first time, the connection between eyestrain to shoulder and neck pain, headaches, and other muscular tension is discussed.

vision therapy exercises: *Vision Rehabilitation* Penelope S. Suter, Lisa H. Harvey, 2011-02-02 Providing the information required to understand, advocate for, and supply post-acute vision rehabilitative care following brain injury, *Vision Rehabilitation: Multidisciplinary Care of the Patient Following Brain Injury* bridges the gap between theory and practice. It presents clinical information and scientific literature supporting the diagnostic

vision therapy exercises: Jillian's Story Robin Benoit, Jillian Benoit, 2010-12-01 The “inspiring and beautifully told” story of one mother’s determination to help her child overcome amblyopia (Susan R. Barry, PhD, author of *Coming to Our Senses*). Vision challenges present a real and devastating problem among children in the USA—the correlation between vision-related learning challenges and juvenile delinquency is shocking. *Jillian’s Story: How Vision Therapy Changed My Daughter’s Life* shares how one family triumphed over vision problems. At the age of five, Jillian Benoit was diagnosed with amblyopia, a condition in which a child is born with good vision in one eye and extremely weak vision in the other—Jillian had been legally blind in one eye since birth, and no one knew it. After receiving the diagnosis, the Benoit family embarked on a six-year journey to improve Jillian’s vision. It wasn’t until after eye patches, thick glasses, visits to doctors’ offices, and constant struggles with academics that Robin Benoit took matters into her own hands and discovered the wonders of vision therapy. A truly inspiring tale of determination, *Jillian’s Story* offers a deeply personal account along with life-changing information on vision therapy. “A fascinating book that should be required reading for any parent who is struggling with the challenges of a child who is a victim of medical system that is sometimes blind.” —Todd Huston,

author of More Than Mountains "Jillian's parents prove that knowledge and answers are out there if people have the endurance to find them—a true and beautiful message of faith, hope, and love."

—Carol Dean Schreiner, author of Laugh for the Health of It!

vision therapy exercises: Strengthening the Eyes Bernarr MacFadden, 2013-08 This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1918 Excerpt: ... the eye was not so general as now, this mistake was sometimes made by physicians, and such patients were sent hundreds of miles to have the cataract removed. It is hardly necessary to point out that, though delicacy of constitution might predispose certain persons to this disease, the actual causes are an overloaded circulation, poor digestion, poor light, excessive use of tobacco and alcohol, etc. This being the case, the treatment for all forms of these diseased conditions is obvious. A rigid diet, preceded, if possible, by a few days' fasting; plenty of water-drinking; eye baths; fresh air; exercises which tend to build up and strengthen the general bodily tone, etc., are all essential. Plenty of good light and sunshine are imperative at all times. Iritis, or inflammation of the iris, often destroys the sight by closing the pupil and shutting off the light from the interior of the eye. It may be accompanied by inflammation of the conjunctiva, and hence be overlooked until well developed. It should always be suspected when, in an acute affection of the eye, the sight is decidedly diminished and there is some pain in the ball, and particularly in the brow, the latter being always more severe at night. The cause is usually syphilis or rheumatism, and one of the chief after effects to be feared is the permanent contraction of the pupil. Local treatment is of little avail, but the application of hot and cold cloths alternately to the eye will usually assuage the pain. The patient should be careful not to use the eyes more than is absolutely necessary. Cataract is a disease of the crystalline lens, in which this body gradually loses its transparency. The pupil may lose its natural blackness, the whitish surface of the opaque lens being seen ...

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