



# Arizona Vision Therapy Center

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### Referral To:

*Neurocognitive and Developmental Optometrist who specializes in vision problems caused by brain injuries*

**Patient Name:** \_\_\_\_\_  
D.O.B. \_\_\_\_\_  
Parent/Guardian Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

### Referring Doctor/Physical Therapist

Name: \_\_\_\_\_  
Date: \_\_\_\_\_

### Patient Rx

OD \_\_\_\_\_ 20 / \_\_\_\_\_  
OS \_\_\_\_\_ 20 / \_\_\_\_\_

### Patient Ocular Health

- Normal with dilation
- Normal without dilation
- Pathology was found and is being followed by the appropriate provider

### Reason for Referral

- Post Concussion Syndrome with/out prolonged symptoms
- Failed VOMS Exam
- Evaluation for Vision Therapy
- Problems Driving
- Problems Reading
- Dysautonomia
- Tracking Issues
- Balance Issues
- Concentration Issues
- Unexplained Anxiety
- Sensory Issues
- Fatigue
- Other: \_\_\_\_\_

## Is There a correlated Vision Problem?

Assign a value for each symptom.

0=never / 1=seldom / 2=occasionally  
3=frequently / 4=always

Blurred vision at near	
Double vision	
Headaches with near work	
Words run together when reading	
Burning, stinging, watery eyes	
Falls asleep when reading	
Vision worse at the end of the day	
Skips or repeats lines when reading	
Dizziness or nausea with near work	
Head tilt or closing one eye when reading	
Difficulty copying from the chalkboard	
Avoidance of reading and near work	
Omits small words when reading	
Writes uphill or downhill	
Mis-aligns digits in columns of numbers	
Reading comprehension declines over time	
Inconsistent/poor sports performance	
Holds reading material too close	
Short attention span	
Difficulty completing assignments in reasonable time	
Says "I can't" before trying	
Avoids sports and games	
Difficulty with hand tools-scissors, calculator, keys, etc.	
Inability to estimate distances accurately	
Tendency to knock things over on desk or table	
Difficulty with time management	
Difficulty with money concepts, making change	
Misplaces or loses papers, objects, belongings	
Car sickness/motion sickness	
Forgetful, poor memory	

Add the scores together:

If 20-24 points = suspect

If 25 or more points = high likelihood of vision problems

## Regarding your referral to Arizona Vision Therapy Center...

Most patients referred to us are surprised to learn that there may be underlying issues with their vision. Your recent eye exam indicated a visual or perceptual problem that requires more in-depth testing.

You would be amazed at how common vision problems are. Studies show that about one in four people have some sort of visual limitation that affects their school, work and personal life. Our office focuses on identifying and remediating those problems.

### What Happens Next?

Please contact our office for preliminary information on vision therapy, and to discuss your doctor's findings. We can work with you to determine whether a full examination at our office is your best option. If so, your first appointment, the Visual Skills Evaluation, will test eighteen different visual skills to assess the extent of the visual problems and possible treatment plans.

If the doctor feels that further testing is called for, we will schedule you for a Perceptual Skills Evaluation. Following that, the doctor will prepare a report with your diagnoses and an explanation of how these vision problems tend to affect daily life. At which time, the doctor will discuss their findings with you and what your best treatment options are.

You can aid this process by filling in the checklist on the front of this form which will help to give you a better understanding of your current situation. The higher the score, the more likely it is that a visual problem exists. Dr. Thomas will use this information as part of her evaluation.

## What is Vision Therapy?

Vision therapy utilizes the plasticity of the brain and the ability the brain must rewire itself. Treatment consists of a series of sessions with a trained therapist, who guides patients through the process of learning or relearning how to use the visual system.

This therapy helps patients understand how to use their vision most effectively. Treatment time varies according to the nature of the problem.

### How Can I Learn More?

Please call with any questions or attend one of our free webinars about how vision can affect school attention, work and even trigger changes in behavior. You can visit the web sites below:

[www.covd.org](http://www.covd.org)

[www.oepf.org](http://www.oepf.org)

[www.visionhelp.com](http://www.visionhelp.com) [www.pavevision.org](http://www.pavevision.org)

You can also ask questions on the Facebook page "**Vision Therapy Parents Unite**"

*Double Vision is extremely disruptive to reading. It often gets worse as the day wears on, or as reading extends beyond a few minutes. Many children block the vision of one eye in order to avoid seeing double.*

*Here is an example of a common treatable vision problem. Many children don't realize they are seeing double because they've always seen it that way.*

*It is a good idea to show this to the child while asking if the words on the page ever look like this. Also ask if the words seem to swim or move on the page, especially later in the day when the child is fatigued. A yes is a clear sign of a vision problem. If the answer is no, there may still be a vision problem if the child may be shutting off one eye to avoid double vision.*