



AIRDRIE FAMILY
EYE DOCTORS

VISION THERAPY





AIRDRIE FAMILY
EYE DOCTORS

VISION THERAPY

What is vision therapy (VT)?

A personalized program consisting of a series of visual exercises designed to improve the communication between your eyes and your brain.

Who is VT for?

Almost everyone could benefit from vision therapy, but we see mostly children who have learning and/or reading difficulties, anyone who has had an acquired brain injury such as a concussion, people who have one eye that doesn't see well ("lazy eye"), and those who have constant or intermittent eye turns.

"Sports vision" is a specific type of VT that is designed to improve visual performance during sports.

How long does VT take?

It depends on what we are trying to help you with! Typically, we have programs ranging from 16-40 weeks.

How does it work?

One of our fabulous vision therapists will see you for weekly 45-minute appointments. Between those appointments you will have 10-15 minutes of homework to do per night. You will see the optometrist every 8 weeks for progress checks.

How do you stay motivated?

We'll start seeing changes in your vision around 8 weeks and you'll start to notice changes around 16 weeks. Seeing the improvement is a great motivator! Also, if you give your best effort during your sessions and do all your homework there may be prizes involved 😊

How do I enroll in VT?

You'll start with a two-part initial assessment with us. Part 1 is a perceptual assessment which provides information about how the visual information is being perceived. Part 2 is a binocular vision assessment that determines what is physically happening with your eyes and visual system.

Give us a call at 403-912-2020 to book your next appointment!

MYTH BUSTERS

Vision therapy treats the muscles of your eyes.

Nope! Your eye muscles are already really strong, even if you have an eye turn! VT works on the visual system in your brain!

Vision therapy won't work if I have an eye turn.

It absolutely can! In fact, it's a good non-surgical place to start. With time, energy, and effort you will strengthen your visual system and therefore may straighten your eyes without surgery!

Vision therapy is only for kids.

Kids of all ages, maybe! Whether you're 8, 28, or 78 we can do vision therapy. Just like learning a language, it may take more time as we get older, but it can absolutely still be done.