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Welcome!

Thank you for your interest in the vision therapy field. Dr. John Metzger and staff look forward to the opportunity of working with you.

Please take a few minutes to review the enclosed reference materials regarding vision therapy. We offer a no cost visual efficiency evaluation and consultation. We have a visual symptoms checklist enclosed in our packet that will help to determine visual dysfunction. The checklist can also be found on our website.

If you have further questions and/or would like additional information, please call 913-469-8686. You may also visit our website at [www.visiontherapykc.com](http://www.visiontherapykc.com) for more information.

Sincerely,

Dr. John C. Metzger  
Developmental Optometrist

## 30 QUESTION PREDICTIVE CHECKLIST TO REVEAL POTENTIAL VISION PROBLEMS

STUDENT \_\_\_\_\_ GRADE \_\_\_\_\_ AGE \_\_\_\_\_

DATE \_\_\_\_\_ COMPLETED BY (TEACHER OR PARENT) \_\_\_\_\_

**After you consider each question, mark the column that applies to the person you are assessing.**

**0 = Never    1 = Seldom    2 = Occasional    3 = Frequently    4 = Always**

Blur when looking at near	0	1	2	3	4	
Double vision, doubled or overlapping words on page (See example on other side.)	0	1	2	3	4	
Headaches while or after doing near vision work	0	1	2	3	4	
Words appear to run together when reading	0	1	2	3	4	
Burning, itching or watery eyes	0	1	2	3	4	
Falls asleep when reading	0	1	2	3	4	
Seeing and visual work is worse at the end of the day	0	1	2	3	4	
Skips or repeats lines while reading	0	1	2	3	4	
Dizziness or nausea when doing near work	0	1	2	3	4	
Head tilts or one eye is closed or covered while reading	0	1	2	3	4	
Difficulty copying from the chalkboard	0	1	2	3	4	
Avoids doing near vision work such as reading	0	1	2	3	4	
Omits (drops out) small words while reading	0	1	2	3	4	
Writes up or down hill	0	1	2	3	4	
Misaligns digits or columns of numbers	0	1	2	3	4	
Reading comprehension low, or declines as day wears on	0	1	2	3	4	
Poor, inconsistent performance in sports	0	1	2	3	4	
Holds books too close, leans too close to computer screen	0	1	2	3	4	
Trouble keeping attention centered on reading	0	1	2	3	4	
Difficulty completing assignments on time	0	1	2	3	4	
First response is "I can't" before trying	0	1	2	3	4	
Avoids sports and games	0	1	2	3	4	
Poor hand/eye coordination, such as poor handwriting	0	1	2	3	4	
Does not judge distances accurately	0	1	2	3	4	
Clumsy, accident prone, knocks things over	0	1	2	3	4	
Does not use or plan his/her time well	0	1	2	3	4	
Does not count or make change well	0	1	2	3	4	
Loses belongings and things	0	1	2	3	4	
Car or motion sickness	0	1	2	3	4	
Forgetful, poor memory	0	1	2	3	4	

<b>20-24 points = Suspect    25 points or more = Refer for care</b>	<b>TOTAL SCORE</b>
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This predictive checklist was developed by optometrists and educators for the College of Vision Development (www.covd.org). Please call John Metzger, OD at 913-469-8686 with questions or to schedule a private consultation.

## **ANSWERS TO COMMON QUESTIONS ABOUT VISION THERAPY**

### **What is the difference between eyesight and vision?**

**Eyesight** is the physical process of detecting patterns of light and contrast with the eyes. It is the ability to see small objects at a given distance clearly. The accepted measurement is 20/20 visual acuity.

**Vision** is the learned process that allows the brain to efficiently gather and use the information that is seen through the eyes. Vision provides the brain with an efficient channel for monitoring our attempts to move through, or change the environment. Vision includes skills such as eye tracking, eye teaming, focusing and perceptual relationships.

### **What is Vision Therapy?**

Vision therapy is an individualized treatment program designed to correct visual system deficiencies caused by stress, inadequate sensorimotor development, or trauma to the nervous system, all of which interfere with the ability to efficiently use the visual system.

***Vision therapy teaches the brain how to use the eyes effectively to gather information, understand it quickly and react to it appropriately. A vision therapy program typically includes the use of special lenses, prisms or filters, in association with procedures designed to enhance the brain's ability to control eye alignment, eye movements, focusing ability and eye teamwork. High levels of visual-motor efficiency and endurance are developed during carefully monitored therapy sessions. The new skills are brought together and become automatic by repetition and integration with motor and cognitive skills.***

### **Can vision therapy help people with learning problems?**

Yes! Vision therapy can be an important part of the overall treatment of a person's learning problem.

Vision and sensorimotor deficits can cause eyestrain, headaches, blurred or double vision, reading problems, and attention difficulties. Even intelligent, highly motivated people can be severely handicapped by these problems in the academic or work environment. Correcting these deficits allows affected people to benefit from academic remediation and to achieve their full potential in the classroom and workplace.

### **What are some symptoms of learning related vision disorders?**

- Dislike or avoidance of reading and other close work
- Loss of place while reading or copying
- Trouble finishing assignments in the allotted time
- Omitting or misreading words or letters
- Slow, inaccurate copying
- Distractible, loses attention quickly
- Blurred, double or unstable vision
- Headaches, eye strain or visual fatigue associated with reading or other close work

### **How many people are affected by learning related vision disorders?**

Approximately 25% to 40% of the general population is affected by some degree of learning related vision disorder. This percentage increases dramatically in learning disabled and remedial reading populations, where as many as 90% of the people have a significant visual disorder component to their learning problems.

### **What if eyesight is 20/20 and the eyes are healthy. Do I need to worry?**

Possibly. Being able to read the letters on a chart at 20 feet does not guarantee efficient learning related vision skills. In fact, the people most handicapped by vision or sensorimotor deficits often have 20/20 distance eyesight and healthy eyes. The problems with eye alignment, focusing and visual endurance, which are likely to affect schoolwork, are easily missed in school screenings or a conventional eye exam.

### **How can I find a qualified doctor to examine and treat this problem?**

Doctors who offer special services in the areas of learning related vision disorders and vision therapy usually have advanced post-doctoral certification. Membership in the College of Optometrists in Vision Development is the accepted professional standard at this time. This is your assurance that you have obtained the finest care available.

### **What other problems can be helped with Vision Therapy?**

Turned or crossed eyes (strabismus) can be effectively treated with vision therapy. In fact, vision therapy is often the only alternative to surgical intervention.

Lazy eye (amblyopia) can also be successfully treated with vision therapy at any age.

Visual consequences of traumatic brain injury can also be effectively treated using vision therapy.

### **Is there more than one type of vision therapy?**

Yes! Not all vision therapy is the same! Differences in the approach to vision therapy are as diverse as the doctors who provide it. Make sure that you understand what you should expect from the program and how it will be achieved. Check your doctor's qualifications. Involvement in the COVD and years of clinical experience in the field of vision therapy are excellent indicators of the quality of a vision therapy program.

### **Are computers used in Vision Therapy?**

Yes! The computer has been a major advancement in the administration of vision therapy. The computer's unique properties have allowed us to add a number of interesting variations to the process of building visual skills. We use state of the art technology and software to sharpen visual recognition, memory skills, mental analysis, and manipulation abilities and to develop efficient eye-hand coordination.

### **Can vision problem affect self-esteem?**

Yes! People with vision problems often have a history of underachievement and frustration. They often conclude that the reason for their low achievement is that they are not as "smart" as other people. Low self-esteem and lack of confidence are often the result of this conclusion. Correcting the vision problems that interfere with normal performance can have dramatic effects on both performance and self-esteem.

### **How long do the results of vision therapy last?**

**Most healthy vision therapy patients enjoy long-term resolution of their visual problems. Using the newly acquired visual abilities in the activities of daily life allows these skills to become self-reinforcing. Efficient vision becomes a habit, as hard to break as any other habit. Patients with strabismus, amblyopia, or traumatic brain injury may need to perform a minimum level of maintenance therapy to sustain the high levels of visual performance attained during in-office therapy.**

## ADDITIONAL INFORMATION & RESOURCES

### WEB SITES

[www.visiontherapykc.com](http://www.visiontherapykc.com)  
[www.add-adhd.org](http://www.add-adhd.org)  
[www.vision3d.com](http://www.vision3d.com)  
[www.inpp.org.uk](http://www.inpp.org.uk)  
[www.visionandlearning.org](http://www.visionandlearning.org)  
[www.children-special-needs.org](http://www.children-special-needs.org)

[www.visiontherapy.org](http://www.visiontherapy.org)  
[www.visionforlearning.org](http://www.visionforlearning.org)  
[www.strabismus.org](http://www.strabismus.org)  
[www.indtireland.com/reflexes.htm](http://www.indtireland.com/reflexes.htm)  
[www.visiontherapystories.org](http://www.visiontherapystories.org)

### ORGANIZATIONS

American Optometric Association (AOA)  
(800)927-2382  
[www.aoanet.org](http://www.aoanet.org)

American Foundation for Vision Awareness (AFVA)  
[www.opt.indiana.edu/students/org/afva.htm](http://www.opt.indiana.edu/students/org/afva.htm)

Parents Active for Vision Education (PAVE)  
(800)PAVE-988  
(800)728-3988  
[www.pavevision.com](http://www.pavevision.com)

Optometric Extension Program (OEP)  
(949)250-8070  
[www.oep.org](http://www.oep.org)

College of Optometrists in Vision Development (COVD)  
(888)268-3770  
[www.visionforlearning.org](http://www.visionforlearning.org)

### READING MATERIAL

Fixing My Gaze: A Scientist's journey into seeing in 3 Dimensions by Susan Barry, PhD

Eyes for Learning: Preventing and Curing Vision-Related Learning Problems: by Antonia Orfield

When Your Child Struggles: The Myths of 20/20 Vision by David Cook

The Suddenly Successful Student: A Parent's and Teacher's Guide to Learning & Behavior Problems-

How Behavioral Optometry Helps: by Hazel Dawkins, E. Edelman, O.D. & C Forkiotis, O.D.

Suddenly Successful How Behavioral Optometry Helps You Overcome Learning, Health & Behavior Problems: by Hazel Dawkins, E. Edelman, O.D. & C. Forkiotis, O.D.

Thinking Goes to School: by Hans G. Furth and Harry Wachs, O.D.

Your Child's Vision: by Richard Kavner, O.D.

Reflexes, Learning and Behavior: by Sally Goddard

The Well Balanced Child: by Sally Goddard Blythe

## WHAT SETS US APART FROM OTHER VISION THERAPY PROVIDERS?

### Experience

- VTKC focuses solely on the specialty area of functional vision. We work with your primary care optometrist or ophthalmologist for your eye health needs.
- Since we do not practice primary care optometry and conduct only vision therapy and vision rehabilitation programs, we are free to concentrate our time and effort in learning the most we can about brain science and new therapy programs.
- Our programs are designed and monitored by a developmental/behavioral optometrist with 30 years of experience and 10 years of focus on this special area of vision care.
- Our optometrist and vision therapists train under the nation's leading experts in developmental optometry through the College of Optometrists in Vision Development ([www.covd.org](http://www.covd.org)), Optometric Extension Program ([www.oepf.org](http://www.oepf.org)) and Pacific University College of Optometry ([www.pacificu.edu](http://www.pacificu.edu)).
- At least twice a year our staff attends national vision therapy seminars to train in new therapy procedures and instruct them on the newest findings in brain science.

### Quality Vision Therapy Programs

- The doctor and therapists at VTKC have studied with multiple top researchers and practitioners in the field of vision therapy. Because of this, they have developed quality vision therapy programs utilizing the best that these professionals have to offer.
- Because no two therapy programs are alike at VTKC, we conduct one-on-one therapy sessions with all of the patients in our programs, and their progress is monitored through timely progress evaluations by the doctor.
- We utilize the latest technologies and procedures in our programs including the treatment of retained primitive reflexes to get the best results for our patients.
- Unlike many vision therapy programs, we treat the whole "visual" person rather than just the eyes. We have found that the key to good results in a vision therapy program is timely use of visual-motor activities, peripheral awareness and expansion, as well as visualization procedures that teach the patient to use their visual system in the most efficient and effective way possible.
- We conduct vision therapy programs which treat learning-related visual problems, strabismus (eye turn) and/or amblyopia (lazy eye), brain injuries and developmental delays which affect visual function. We also conduct sports vision programs for athletes.
- Our vision therapy programs incorporate weekly homework activities to be completed outside of in-office sessions. When homework is consistently completed patients typically show progress more rapidly than programs where therapy is done only in-office.

### Flexibility

- We allow families to choose the vision therapy program that is right for their needs.
- Unlike some offices, we will allow therapy schedules to be conducted on a basis other than weekly, 60-minute sessions.

### Public and Professional Outreach

- VTKC regularly offers seminars at no charge to the public and other professionals such as primary-care optometrists, occupational therapists, nurses and teachers.