

## Scientific Basis of Vision Therapy

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### Abstract

Vision therapy also referred as visual training is a terminology used to define, highly specific sequential, sensory-motor perceptual stimulation paradigms and regimens that are used to improve vision skills such as eye movement control and eye coordination.

Vision therapy is an umbrella term for a variety of treatments based around eye exercises. The treatments aim to treat convergence insufficiency- for which there is supporting evidence and a range of neurological, educational and spatial difficulties.

**Keywords:** Scientific; Vision ; Therapy

### Introduction

Specific program of vision therapy is totally based on the standardized test results and person signs and symptoms [1]. Programs typically involve eye exercises and use of lenses, prisms, filters, occluders, specialized instruments and computer programs. Duration of therapy may last weeks to several years with intermittent monitoring by vision therapist/optometrist [2].

### Description

There are several studies which supports the efficacy of vision therapy while some are contradicting due to lack of evidence for VT. However, some optometrist take a slightly different view [3].

In 1999 a joint statement by American Academy Of Optometry, American Optometric Association, The college of Optometrists in Vision Development and Optometric Extension Program Foundation reported: "Many visual conditions can be treated effectively with spectacles or contact lenses alone; however, some are most effectively treated with vision therapy [4].

Research has demonstrated that vision therapy can be an effective treatment option for ocular motility problems, non-strabismic bsv

disorders, strabismus, amblyopia, accommodative disorders and visual information processing disorders [5].

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