



XCELLENCE IN EYE CARE

THE EYE INSTITUTE

Home Based Vision Therapy Computer Software

What is vision therapy?

Vision therapy is an individualized treatment program prescribed to eliminate or improve conditions such as lazy eye (amblyopia), crossed eyes (strabismus), focusing, eye teaming and learning related vision disorders. Special lenses, prisms, filters and instruments are used along with specialized instruments and an advanced office computer system.

To supplement the office based vision therapy, we prescribe computer software programs to be used at home.

When is home-based, computer assisted vision therapy necessary?

One of our goals is to solve your vision problem as quickly as possible. An excellent method of minimizing the number of times you have to be seen in our office for vision therapy is to have you do some additional vision therapy at home. Computer software is an excellent way to accomplish this task.

Problems such as eye teaming, focusing and tracking disorders are not optical and cannot be corrected with eyeglasses. Rather, they are muscle type problems and require vision therapy.

Visual processing problems interfering with a child's ability to analyze and interpret visual information also requires vision therapy.

Adults can benefit from vision therapy if they are experiencing eyestrain, headaches and inability to perform well at work and have eye teaming and focusing problems. These problems often effect adults working with computers.

What are the benefits of using home based computer assisted vision therapy?

There is a significant number of research studies supporting the effectiveness of vision therapy for treatment of eye teaming, focusing, tracking and visual processing problems. Most studies have been published in optometric literature, although recent randomized clinical trials have been published in ophthalmology journals as well.

If you would like to read some of this research, please ask our staff for your own copy.

Using Home Base Computer Assisted Vision Therapy

How much time should be devoted to home based vision therapy?

The average program for focusing, eye teaming and tracking problems involves one to two office visits per week lasting 45 minutes each, and about 15 minutes of supportive home therapy three times per week. Many of these problems can be eliminated in 16-24 visits. More complicated problems may require additional time.

Visual processing problems are more complicated and often require longer periods of therapy. A typical vision therapy for a learning related vision problem involving visual processing may require 36-48 visits.

What is the cost of the computer software?

The fee for vision therapy at The Eye Institute is \$_____ per visit.

The fee for the home-based computer software program you will need is: \$_____

Will my health insurance cover the cost of the computer software?

Some major medical policies will partially cover the cost of vision therapy office visits. The computer program is generally not covered by insurance. Our staff is trained to assist you in the processing of related forms and procedures.

Any other questions can be directed to Karen Pollack:

215-276.6053

Monday through Thursday