



Vision Therapy Program

MAXIMIZING YOUR VISION'S POTENTIAL





VISION THERAPY PROGRAM

Table of Contents

Page 3: Program Overview
Page 4: Vision Therapy: What and Why?
Pages 5-6: Who is a Good Candidate?
Page 7: Vision Challenges We Address
Page 8: Timeline and Cost
Page 9: Patient Testimonials
Page 10: Our Practice
Page 11: Meet Our Team

In this booklet...

This booklet provides a comprehensive guide to our Vision Therapy Program. Understanding that Vision Therapy may be unfamiliar to many, our aim is to offer insights enabling readers to determine if they could benefit from enrollment. Within these pages, we illuminate the systematic approach employed to enhance visual skills and improve overall visual performance. We outline who might be suitable candidates for our program and how we address various real-world visual challenges. Additionally, we detail the program and structure, timeline, session frequency and duration, technology utilization, and associated costs.



Program Overview

Our Vision Therapy Program spans 10 consecutive weeks, with each session lasting one hour, held in-office. During these sessions, our therapists implement a tailored plan devised by our doctors, aimed at training the entire visual system. Weekly adjustments are made to this plan based on the patient's performance and feedback. We utilize a range of technologies, such as interactive touch screens, Wii balance boards, and virtual reality headsets, to engage patients and challenge their visual abilities at varying levels. Additionally, we employ the advanced RightEye™ system to objectively measure reading ability, compare age-related metrics, and assess reading speed. At the program's conclusion, we conduct a reassessment to evaluate goal achievement and determine the need for further therapy to continue progress.

What is Vision Therapy?

Vision Therapy aims to enhance visual development and improve the visual skills crucial for effective performance in school, work, daily life, and sports. Think of it as physical therapy for your eyes and brain. Through a series of activities and exercises, Vision Therapy enhances the coordination between the visual system, brain, and body. The ultimate goal is to enhance the efficiency and accuracy of the visual system, resulting in clearer and more comfortable vision, thereby improving overall visual abilities and quality of life. The therapy involves a personalized sequence of activities prescribed and monitored by the doctor, primarily conducted through supervised in-office sessions, complemented by home reinforcement exercises over consecutive weeks.

Why Vision Therapy?

Vision Therapy can significantly enhance success in various domains such as the classroom, sports, and daily life. In some cases, simply updating glasses prescriptions may not suffice in addressing visual challenges. Our Vision Therapy program delves deeper to address underlying issues, helping the eyes function more cohesively. Improved performance in academic tasks can translate into better grades, reduced classroom accommodations, and potentially increased scholarship opportunities. Moreover, participation in Vision Therapy can alleviate common issues like headaches, fatigue, and visual clarity, ultimately leading to a more enjoyable life experience.



Who is a Good Candidate?

Students

Children and young adults are primary candidates for vision therapy, given the significant visual demands of the learning environment. Various difficulties may manifest in students, resulting in seemingly increased effort required for academic tasks compared to their peers.

Common signs that a student may benefit from vision therapy:

- 1. Eye Strain, Fatigue, or Headaches:** If a child consistently experiences headaches or discomfort in their eyes after reading or studying, it could be a sign of underlying visual issues.
- 2. Avoidance of Near Work:** Watch out for behaviors like eye rubbing, squinting, or frequently looking away from the material they're supposed to be working on.
- 3. Reading Difficulty:** Difficulty with tasks like comprehending what they read, needing to re-read passages, or struggling with eye strain and slow reading speeds may indicate a need for vision therapy.
- 4. Poor Academic Performance:** A student who frequently struggles to concentrate, complete assignments on time, maintain focus, or exhibits distracting behavior in class might be grappling with visual challenges impacting their academic performance.
- 5. Poor Penmanship:** If handwriting is consistently illegible, with letters varying in size or difficulty staying within lines, it could signal underlying visual issues affecting fine motor skills and spatial awareness.



These signs may not always be obvious, but addressing visual challenges through vision therapy can significantly improve a child's ability to thrive in the classroom.

Any of these symptoms or behaviors may indicate an underlying visual processing deficit addressable through intervention with our Vision Therapy Program. Such intervention can improve academic performance and enhance overall quality of life.



Athletes

Our Vision Therapy also caters to adults and children seeking to enhance sports performance. We focus on improving visual skills to excel in various sports, including visual acuity, eye tracking and teaming, peripheral vision, hand-eye coordination, visual processing, and depth perception. Moreover, we integrate these visual skills with our body's vestibular and proprioceptive systems for comprehensive enhancement.



Sports where Vision Therapy can assist include:

Basketball – shooting, defensive skills, passing

Hockey – passing and spatial awareness

Soccer – ball control and defensive anticipation

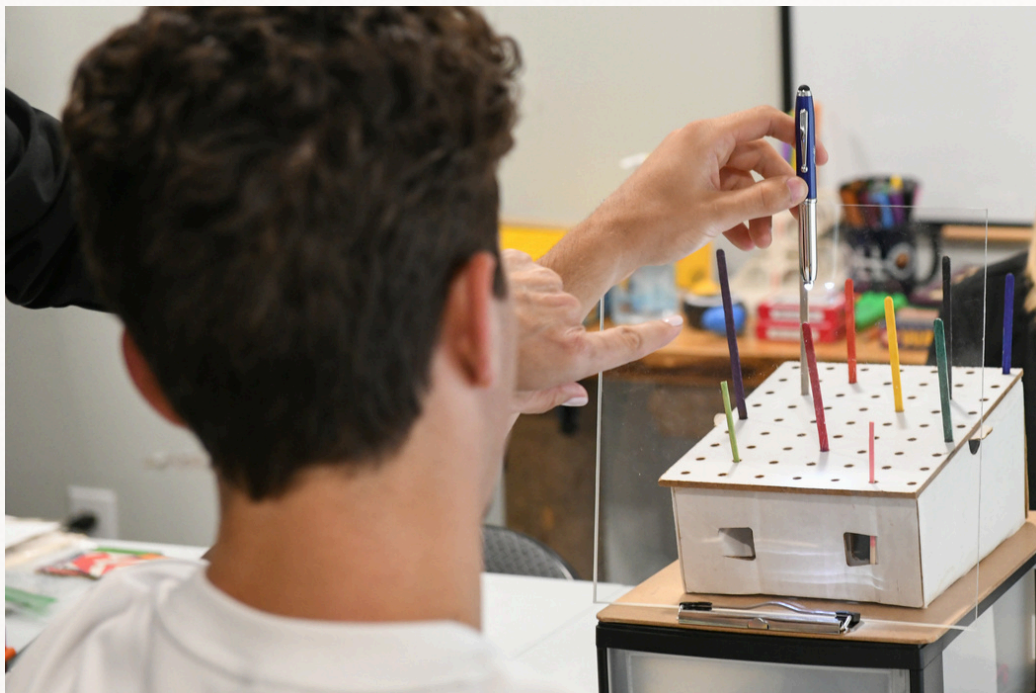
Shooting – accuracy, tracking and precision

Baseball/Softball – hitting and fielding

Golf – judging distances to the hole and reading greens

Tennis/Pickleball – tracking the ball and timing

Football – processing plays and ball tracking



Vision Challenges We Address

Candidates with Acquired Brain Injury

Patients who have experienced acquired brain injuries (such as traumatic brain injury, concussion, stroke, tumor, etc.) may undergo changes that disrupt their previous way of life. Acquired Brain Injuries (ABIs) can result in physical, cognitive, and emotional impairments, some of which stem from issues within the visual system. Understanding how we perceive and interact with our environment involves numerous brain regions where ABIs can occur. These disruptions can affect various processes, including:

Visual Field Defects: ABIs may cause loss of vision in specific areas, impacting tasks like driving, navigating surroundings, reading, and cooking.

Binocular Vision Problems: Damage to processes supporting binocular vision can lead to loss of depth perception, visual discomfort (like fatigue, eye strain, sensitivity to light), and difficulty concentrating.

Eye Movement Deficiencies: Impaired eye coordination reduces the ability to track moving objects, affects hand-eye coordination, visual scanning, and may even result in double vision.

Visual Memory and Attention Deficiencies: ABIs can diminish visual memory and attention skills, making it harder to remember faces and objects, learn, or engage in creative tasks. Patients accustomed to high-paced work environments may struggle to keep up after an ABI.

Visual Processing: Visual processing refers to the brain's ability to interpret visual information. Damage to this process can lead to difficulties in reading comprehension, interpreting visual cues, distinguishing between similar objects, and feeling overwhelmed in environments with high stimuli.



Timeline

Vision Therapy Consultation

Before embarking on our transformative Vision Therapy Program, an initial examination is essential. If you've had an examination within the last six months, you can provide those records; otherwise, we're more than happy to conduct one at our office. This examination provides the foundation for assessing your suitability for our program.

Once Vision Therapy is identified as a potential treatment plan, the next step is a Vision Therapy Consultation. During this session, we conduct additional tests to gain deeper insights into your visual system and its interaction with your environment. The testing is tailored to your specific symptoms, history, and goals. Following the consultation, our doctor will provide personalized recommendations regarding enrollment in the Vision Therapy Program.



Vision Therapy Program

What's Included:

- 10 weeks of in-office vision therapy sessions
- 1 progress check with the doctor
- All necessary in-office therapy materials and loaned home therapy equipment

What's Not Included:

- Initial consultation fee
- Any office visits unrelated to vision therapy

It's important to note that we do not accept vision or medical insurance for the Vision Therapy Consultation or the Vision Therapy Program. We believe in providing exceptional care and transformative results, and we're excited to embark on this journey with you.

Patient Testimonials

“Our daughter was having severe headaches and dizziness, which we initially attributed to the additional computer time and schoolwork as she progressed grades. After meeting with the team at Chagrin Valley Optometrists and discovering that she had a drift in her left eye, we immediately began a remediation plan to not only correct the drift but also improve her vision and motor skills overall.

Dr. Shepard and Sue were with us every step of the way, from setting up a payment plan that was easy on our family budget to scheduling weekly appointments, even homework that kept our daughter – and us – on top of the remediation. Their commitment to our daughter’s well-being was evident in every session. They were patient and compassionate with a child who knew something was wrong and was afraid the problem wouldn’t go away and engaged her with activities that made the sessions less of a ‘doctors appointment’ and more interactive and thorough while also directing my husband and I, who wanted to understand every aspect of the diagnoses and the remediation plan. By the end, not only had her drift corrected, her vision, balance, and hand-eye motor skills improved well beyond everyone’s expectations. Best of all, she hasn’t had a single vision-related headache or dizzy spell in nearly a year.

We couldn’t be happier in our choice to contact Chagrin Valley Optometrists, have Sue and Dr. Shepard work closely with our daughter, and the results of her vision therapy.”

–Adilyn’s Parents

“As a parent, discovering that my child required vision therapy was initially daunting. However, the team at Chagrin Valley Optometrists not only reassured me but also made my daughter feel comfortable throughout the entire journey. The therapy sessions became an exciting and eagerly anticipated weekly activity for my daughter, and witnessing her progress at each appointment was truly rewarding. My daughter’s vision has improved tremendously, and I cannot thank the doctors enough for their dedication to the process.”

–Riley’s Parents



About Our Practice

The practice boasts a rich legacy in the Chagrin Valley area, with roots dating back to the 1950s when it was founded in the village of Chagrin Falls. To accommodate its growing clientele, the practice relocated to the village of South Russell before settling into its permanent home in Bainbridge Township in 2016. Over the years, our commitment has remained steadfast: cultivating personal connections with our patients while delivering top-tier care. Our recent expansion has empowered us to elevate our vision therapy specialty, incorporating cutting-edge technology to better serve our valued patients.



Team Members

Ronald K. Jurcak, O.D.

With over three decades of experience since 1988, Dr. Jurcak brings a wealth of expertise in addressing special vision needs such as focusing, visual processing, and eye motor problems. Passionate about integrating traditional treatment methods with modern technology, he is a longstanding member of the College of Optometrists in Vision Development (COVD) and a guest lecturer for the occupational therapy department at Cleveland State University. Dr. Jurcak is dedicated to imparting the significance of visual processing and development to future practitioners, enriching their understanding of optimal functioning in today's world.

Patrick L. Shepard, O.D.

Joining the Chagrin Valley Optometrists team in June 2021, Dr. Patrick Shepard's journey into optometry was sparked during high school when he shadowed Dr. Jurcak. This experience solidified his commitment to optometry, particularly behavioral optometry. Dr. Shepard remains at the forefront of advancements, leveraging the latest education and technology to enhance the lives of patients across all age groups. He is deeply passionate about educating individuals on the integral role our visual system plays in daily activities and routines, and is a proud member of the College of Optometrists in Vision Development.

Drew

Armed with a Bachelor of Science degree in Education specializing in the Education of the Visually Impaired and a Master of Education degree in Education, Drew is dedicated to unlocking individuals' fullest potential. Her passion lies in teaching people how to harness their vision effectively and efficiently. After a rewarding career in teaching and school administration, Drew has returned to Chagrin Valley Optometrists, where she previously served as a Vision Therapist for eight years.

Susan

Bringing a unique perspective to our Vision Therapy team, Susan draws on her background as a Music Therapist to enrich our patients' experiences. Trained through the Optometric Extension Program Foundation and under the mentorship of Dr. Ron and Dr. Patrick, Susan is adept at integrating the auditory and visual systems to optimize outcomes. She is enthusiastic about guiding our patients toward improved vision and overall well-being.