

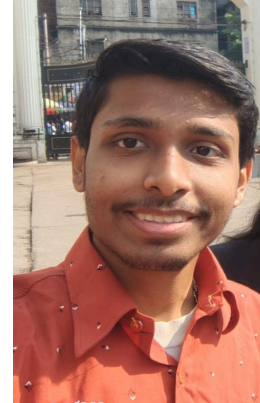
# Neuro - Optometric Rehabilitation Therapy

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### **Abstract :**

Neuro-optometric rehabilitation is a personalized treatment regimen for those with visual deficits resulting from traumatic brain injuries (TBI), physical disabilities or other neurological issues, such as a stroke. The vision complications are not associated with visual acuity (20/20) but rather with eye teaming, focusing, and tracking, all of which can result in difficulties in reading and playing sports.

Neuro-optometric rehabilitation promotes recovery through various therapies and activities that retrain the neural processes of the brain. The brain's ability to change and adapt is called neuroplasticity. By using specific eye-training exercises, one can rewire the brain to improve eye function. Just as with other rehabilitation methods, the earlier one starts the eye exercises, the better the chance of recovery and sight improvement.

Depending on the type and severity of problems detected, the examiner will develop a treatment plan uniquely designed to eliminate vision symptoms and difficulties. Treatments typically include specialized glasses to help with visual processing or in-office and at-home neuro-rehabilitation procedures to reduce symptoms and promote visual recovery. This includes exercises to eliminate or reduce double vision and improve balance, gait, visual information processing, cognitive skills, visual memory, motor skills, and more.

All patients suffering from neurological disease, trauma or conditions should be referred for a comprehensive eye exam and neuro-optometric services.