

Behavioral Approach To Vision Therapy

COVD 2016 General Education

Derek Tong OD, FAAO, FCOVD, FNORA

Center Director & Residency Coordinator
Center for Vision Development Optometry, Pasadena CA

Adjunct Clinical Assistant Professor
Southern California College of Optometry
at Marshall B. Ketchum University

Clinical Assistant Professor
Western University of Health Sciences
College of Optometry

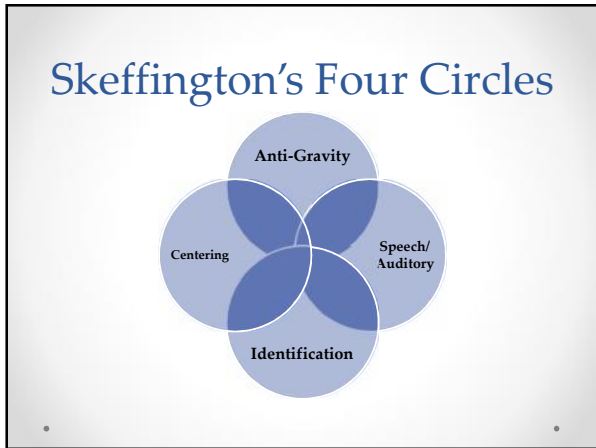
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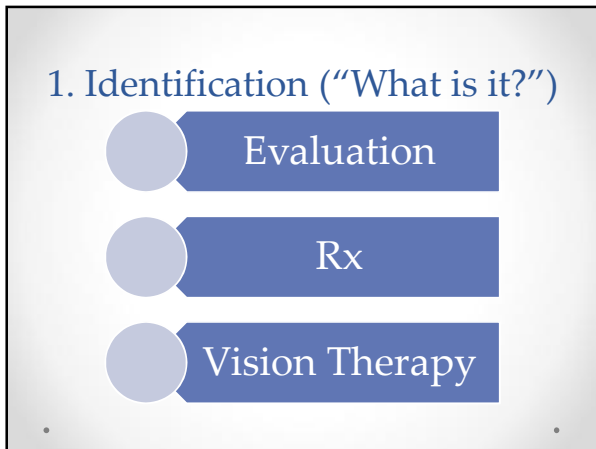
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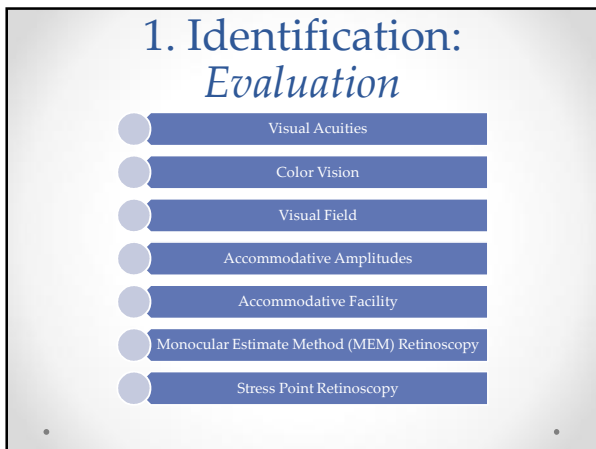
Skeffington's Four Circles



Figure 3.1 Dr. A.M. Skeffington and the four circles. (Photo courtesy Optometric Extension Program Foundation.)








1. Identification: *Rx*
Low Plus lenses

- +0.75 DS
- +0.62 DS
- +0.50 DS
- +0.37 DS
- +0.25 DS
- +0.12 DS



1. Identification:
Vision Therapy

- Monocular Rock
- Monocular Fixation in Binocular Field (MFBF) Rock
- Biocular Rock
- Binocular Rock

2. Centering (“Where is it?”)

- Evaluation
- Rx
- Therapy

2. Centering: *Evaluation*

- Cover Test
- Near Point of Convergence
- Vergence Ranges
- Visual Midline Shift Testing
- Visual Spatial Localization

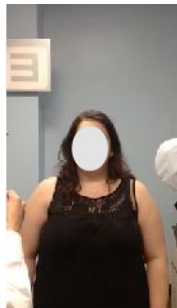
DETECTION of Horizontal Visual Midline Shift

Patient to look and follow a horizontally-moving target (e.g. Wolff wand)

Patient to report when it reaches the middle

Perform at 3 gazes (primary, down & up)

Right Visual Midline Shift

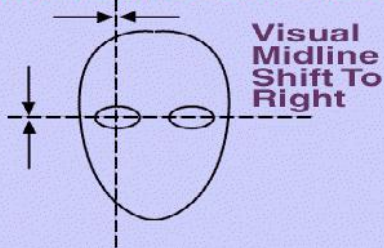


Visual Midline Shift Testing

- Patient standing (if possible)
- Patient's head & body straight
- Stand off center to patient
- Not at patient's eye level

<http://padulainstitute.com/education/articles/post-trauma-vision-syndrome>

VISUAL MIDLINE SHIFT TEST



<http://padulainstitute.com/education/articles/post-trauma-vision-syndrome>

Right Visual Midline Shift



DETECTION of Vertical Visual Midline Shift

Patient to look & follow a vertically moving target

Patient to report when it reaches eye level

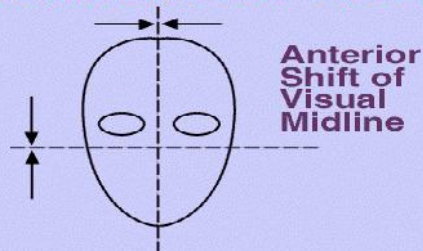
Perform at 3 gazes (Primary, Left & Right)

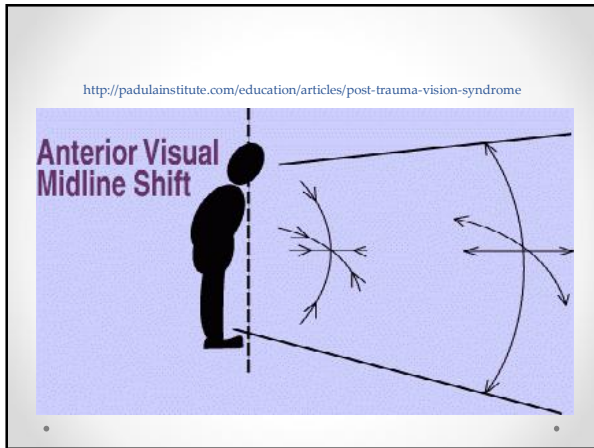
Anterior Visual Midline Shift

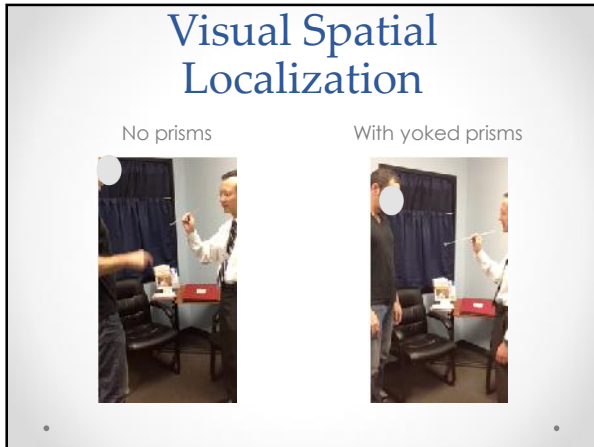


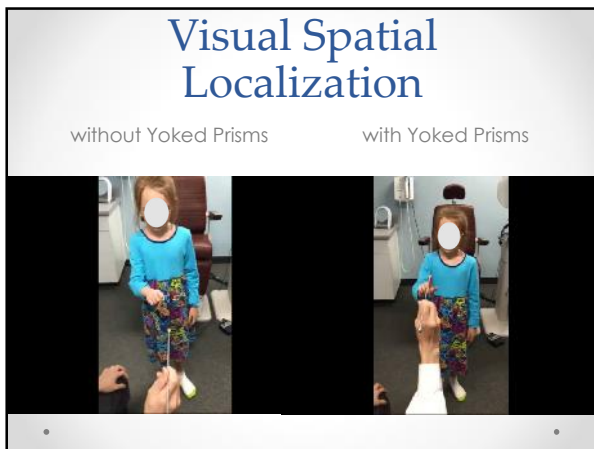
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VISUAL MIDLINE SHIFT TEST











Visual Spatial Localization

Without Yoked PrismsWith Yoked Prisms



3. Centering: *Vision Therapy*

- Posture
- Breathing
- Peripheral Awareness
- Mood

4. Anti-Gravity ("Where am I?")

- Evaluation
- Rx
- Vision Therapy

Evaluation


- Posture
- Gait (Walking)
- Balance

Posture

- Head Tilt
- Head Turn
- Body Lean
- Body Tilt
- Shoulder Height


Posture

With regular glasses With yoked prisms




Posture / Gait (Walking)

without Yoked Prisms With Yoked Prisms



Posture / Gait (Walking)

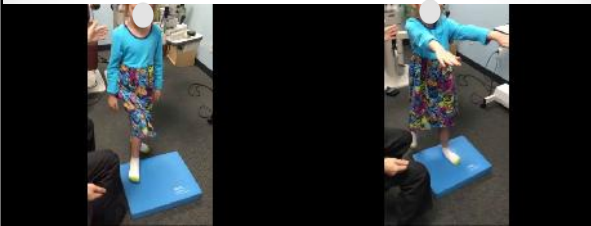
No prisms With yoked prisms



Balance


Airex balance pad
available from www.amazon.com

Without Yoked Prisms With Yoked Prisms




Balance

No prisms




With yoked prisms




Balance

No prisms




With yoked prisms



Guideline for Direction of Yoked Prisms (TBI)

- Anterior VMSS
Base Down
- Posterior VMSS
Base Up
- Right VMSS
Base Left
- Left VMSS
Base Right



Guideline for Direction of Yoked Prisms (Autism)

Base Down

If toe walk, head tilt forward,
body tilt/lean forward

Base Up

If heel walk, head tilt backward,
body tilt/lean backward



Guideline for Amount of Yoked Prisms (Traumatic Brain Injury)

2^Δ Most TBI patients

1^Δ TBI patients who are very sensitive

0.5^Δ TBI patients who are very very sensitive

Guideline for Amount of Yoked Prisms (Autism)

5^Δ In-office Trial Framing

2.5^Δ Most ASD patients Rx

Yoked Prism Prescribing Approach

- Yoked Prisms Rx
- Vision Therapy
- Yoked Prisms + Vision Therapy

Anti-Gravity: Positions in Vision Therapy

Supine Sitting on Floor Sitting on Chair Sitting on Stool Sitting on Therapy Ball Standing Walking

Anti-Gravity Vision Therapy: Balance Boards

Lowman Beam Balance Beam VTE Balance Board Airex Balance Board Belgau Board Billy Board

Visual-Auditory Evaluation/Screening

- Book Retinoscopy
- Rosner Test of Auditory Analysis Skills (TAAS)
- Griffin Decoding-Encoding Screener for Dyslexia (DESD)

Multi-Modality Vision Therapy

Integration all Skeffington's 4 Circles

Vestibular
Motor
Auditory
Cognitive
Neuro-Optometric

Thank You 😊

Derek Tong OD FAAO FCOVD FNORA

Center for Vision Development Optometry
Pasadena California

www.tongvision.com
