Definition of Neuro-Optometric Rehabilitation (NOR):
Neuro-Optometric Rehabilitation (NOR) represents a specialized area of optometry, which addresses the oculomotor, accommodative, visuomotor, binocular, vestibular, perceptual/, visual information processing, and specific ocular/neurological sequelae of the acquired brain injury population. This includes the sequelae of concussion, traumatic brain injury, cerebrovascular accident/stroke, post-surgical brain complications, encephalopathy, vestibular dysfunction, and neurological conditions adversely affecting the visual system. NOR includes standard optometric modalities such as corrective lenses, prisms, tints and coatings, selective occlusion and Optometric visual therapy.

Neuro-Optometric Rehabilitation Therapy (NORT) is an active therapeutic approach incorporating both in-office and out of office procedures for the remediation and management of the associated visual problems listed above with the goal to improve activities of daily visual living and performance. NORT is based on sound principles of neuroscience involving visual motor and perceptual learning reflective of the underlying visual/neural system plasticity. It frequently is provided in conjunction with other rehabilitation and health care professionals.

List of Treatment Modalities: Symptom Survey for Referral to Optometrists
- Flashes of light
- Floaters in field of view
- Restricted field of vision
- "Curtains" appearing into field of view
  - Inability to completely close eyes
  - Difficulty moving or turning eyes
  - Pain with movement of the eyes
  - Pain in or around eyes
  - Wandering eye
  - Double vision
  - Blurred vision for distance viewing
  - Blurred vision for near viewing
  - Slow shift of focus from near to far to near
  - Difficulty copying or taking notes
  - Pulling or tugging sensation around eyes
  - Discomfort while reading
  - Unable to sustain near work or reading for periods of time
  - General fatigue while work/reading
  - Loss of place while reading
  - Eyes get tired while reading
Headaches while reading
Covering, closing one eye
Easily distracted when reading
Decreased attention span
Reduced concentration ability
Difficulty remembering what has been read

Disorientation
- Loss of balance
- Abnormal posture
- Face, head turn or head tilt
- Bothered by movement in environment
- Bothered by crowded environments
- Light sensitivity
- A sensation of the floor, ceiling or walls tilting
- Dizziness
- A sensation of the room spinning
- A sensation of not feeling grounded
- Postural shifts/ veering off when walking

Resources on Neuroscience of Vision and Head Injury:
References for Vision problems and management of Visual Problems:

A. General


B. Diagnosis


C. Therapy

